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your
own...

This dish created by:



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Harissa Spiced Lamb Kofta

Ingredients

- 500g lamb mince
- 1 tsp cumin seeds
- 1 tsp turmeric
- 1 tsp coriander seeds
- 1 tsp ras el hanout spice mix
- 2 tsps harissa paste
- 4 garlic cloves
- 1 red onion
- 2 tbsp flat leaf parsley
- 2 tbsp fresh mint
- 2 tsps salt

- 4 wooden skewers, soaked in water

Serves: 4

Suitable for: Gluten free

Method

- Finely grate the onion and garlic.
- Dry toast the whole spices to release their flavour, then cool.
- Finely chop the parsley and mint.
- In a large mixing bowl, combine all the ingredients and mix well.
- Using your hands, gently shape the mix around the skewers in 4 batches to form a classic kofta shape.
- Brush with oil then cook in the grill or on the BBQ for around 4 minutes on each side, until coloured all over and cooked through in the middle.