

# Lamb Koftas with yoghurt sauce

*Prepared and presented by the students participating in the Kimberley 'Share It' program at Broome Senior High School*

Traffic light category: **Green**

Serves: 30 small Koftas

## Ingredients - Koftas

- 3 tablespoons coriander seeds
- 3 tablespoons cumin seeds
- 1.5 kg minced lean lamb
- 2 onions, finely chopped
- Juice and zest of 3 lemons
- 1 handful of parsley, finely chopped
- 10 sprigs of thyme, finely chopped
- Freshly ground salt and black pepper
- ¼ cup extra-virgin olive oil
- 30 small pita pocket breads

## Ingredients - Yoghurt sauce

- 1½ cups yoghurt
- 1 small handful of mint, finely chopped
- 1 small handful of parsley, finely chopped
- Juice of ½ lemon

## Method

1. Preheat oven to 180°C
2. Dry fry the coriander and cumin seeds in small frying pan over medium heat until fragrant, remove from heat and grind in a mortar and pestle
3. Place spices, lamb, onion, lemon zest, lemon juice, herbs and salt and black pepper in a large bowl, mix everything together with your hands
4. Divide mixture into 30 equal balls, place on tray lined with grease proof paper, brush with oil
5. Place in oven for 15 - 20 minutes
6. Mix all ingredients for yoghurt sauce together in a small bowl
7. Serve koftas with Indian flat breads, tabbouleh and yoghurt sauce.

*Tip: see the recipe for the Indian flatbread and Tabbouleh on the WASCA website*



*Adapted from Kitchen Garden Cooking With Kids  
by Stephanie Alexander (2006)*