



USE WHAT'S ON YOUR DOORSTEP  
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## Open Lamb Kofta

Serves 4



### LAMB KOFTA

500g lamb mince  
½ brown onion, finely diced  
25g (2 tblsp) pine nuts  
2 tsp. ground cumin  
1 tsp. ground coriander  
1 tsp. ground fennel seeds  
1 tsp. sea salt flakes  
4 Greek Pita Bread  
Olive oil, for panfrying

### TOPPING

125g (½ punnet) cherry tomatoes, quartered  
1 lebanese cucumber, diced  
½ red onion, shredded finely  
small handful coriander leaves, chopped  
2 tsp. extra virgin olive oil  
sea salt flakes, to season  
6 tblsp. thick Greek yogurt

1. Combine the lamb mince, brown onion, pine nuts, cumin, coriander, fennel and salt in a bowl and mix with your hands until thoroughly combined.
2. To prepare the topping, put the tomatoes, cucumber, red onion and coriander in a bowl. Drizzle with the oil and mix gently to combine. Season to taste.
3. To cook the kofta, heat a large non-stick frypan over medium heat with a splash of olive oil. Place a piece of pita bread into the pan. While it is in the pan, spread one quarter of the meat mixture onto the top of the bread, flattening the meat into a thin disc shape on the bread. Sprinkle the top of the meat with 2 tsp. olive oil. After the bread has been in the pan 2-3 minutes flip the bread over using an egg flip so that it is meat side down in the pan. Cook 3-4 minutes until the meat is cooked through (I have a little peak around the side of it!)
4. When the meat is cooked, slide an egg flip carefully under the meat and as you lift it out of the pan, flip it onto a board.
5. Repeat with the remaining pita bread and the remaining meat.
6. Dollop each open kofta with yogurt and pile on the topping. Cut into wedges and serve.



**POLL DORSET – for quality, taste and tenderness**