



# Lamb koftas with tzatziki

Preparation time: 20 minutes

Cooking time: 10 minutes

Serves: 4

## **Ingredients:**

500 g premium/trim minced lamb  
small onion, minced  
1 garlic clove, minced  
1 tablespoon continental parsley, chopped  
1 tablespoon coriander, chopped  
1/4 teaspoon cayenne pepper  
1/4 teaspoon allspice, ground  
1/4 teaspoon ginger, ground  
1/4 teaspoon cardamom, ground  
1/2 teaspoon cummin, ground  
1/2 teaspoon paprika, ground

## **Tzatziki:**

1 Lebanese cucumber  
salt and black pepper  
200 g low-fat natural yoghurt  
2 garlic cloves, minced  
1 tablespoon dried mint , or  
3 tablepoons freshly-chopped mint  
2 teaspoons lemon juice

## **Method:**

1. To make tzatziki, cut cucumbers in half and scoop out the seeds. Coarsely grate cucumber into a bowl and sprinkle over some salt. Place in a strainer for 10 minutes and drain off excess liquids. Rinse the cucumber in cold water, drain and pat dry. Add the yoghurt, garlic, mint and lemon juice to the cucumber and mix well. Season and refrigerate.

2. Mix the lamb, herbs and spices in a bowl and season with pepper. Form into patties and barbecue. Serve with the tzatziki.

*Nutritional analysis per serve:*

*energy 921kj, fat total 9.2g, carbohydrate 4g, dietary fibre 0.84g*