



QUICK BEEF KOFTAS

With lean beef mince regularly appearing on my meal plan I wanted to do something different. Quick, full of flavour and spicy! With all boxes ticked, all you have to decide is what to serve with your koftas

INGREDIENTS FOR 2 SERVINGS

<p>Nutrition Approx. macros per serving</p> <p>Macros are based on your edited ingredient amounts and currently selected items.</p> <p>Calories 229 Protein 34.3 g Carbs 9.7 g Fat 6.5 g Sugar 4.6 g Sat Fat 3 g Fibre 2.1 g Sodium 0.3 g</p> <p>Breakdown of calories per serving</p> <p>■ Fat ■ Protein ■ Carbs</p>	300g	Extra lean beef mince
	50g	Spring onion
	1-2	Fresh chillies
	10g	Fresh coriander
	100g	Onions, thinly sliced
	½ tsp	Garlic powder
		Salt & Pepper

METHOD

- Preheat your oven to 200°C fan/400°F and line a baking sheet with non stick foil.
- Take the chilli and cut slices for the garnish and add the rest (with or without seeds it's up to you) into the blender along with the spring onion.
- Reserve a few strands of coriander for the final garnish and add the remaining coriander (including stalks) into the blender and blend until finely chopped.
- Add the minced beef to the blender along with seasoning to taste and the garlic powder.
- Blend for a minute to thoroughly mix everything together.
- Split the mixture evenly 4 ways before shaping onto skewers.
- Arrange the sliced onion onto the baking sheet and top with the kofta skewers and bake until they're cooked through.
- Serve the kofta on top of the softened onion and garnish with the chilli slices and coriander strands - delicious!

NOTES

- The recipe is based on using extra lean beef mince with less than 6% of fat per 100g.
- If you're using wooden skewers, be sure to soak them in water for at least 30 minutes to stop them burning in the oven.
- You'll notice that I use garlic powder instead of fresh garlic. Fresh garlic is a little too strong for this dish but if you love your garlic, go ahead!