

KOFTA KEBABS



Preparation : 10 min - **Resting :** 30 min - **Cooking :** 10 min - **Equipment :** -

Ingredients : 4/6

- 500 g beef, roughly chopped - 2 onions, quartered - 6 sprigs flat-leaf parsley - 6 sprigs coriander - 6 sprigs mint - 1 tbsp grapeseed or vegetable oil - 2 tsp ground cumin - 2 tsp ground paprika - 2 tsp curry powder - salt, freshly ground pepper

1. Fit the food processing bowl with the metal blade. Remove the leaves from all the herbs. Place the onions, herb leaves, beef, oil and spices in the bowl; season with salt and pepper. Pulse for 20-30 seconds using the FOOD PROCESSOR programme until the meat is finely minced and resembles a paste.

2. Shape* the mixture into small balls; if too sticky, moisten your hands to make it easier to work with. Put 2 or 3 balls on each wooden skewer and flatten gently.

3. Place the kebabs on a hot griddle, grill or non-stick frying pan; cook until golden and cooked through.

Cook Expert ■