



HARISSA, CHICKPEA & APRICOT LAMB KOFTA

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

MAKES 8

400g lamb mince

Handful unsulphured dried apricots,
chopped

1/2 can chickpeas (drained)

1-2 tablespoon harissa

To serve:

2 tablespoon natural yoghurt

1/2 teaspoon cumin seeds

1 tablespoon fresh parsley, chopped
finely

PREP TIME

prep time: 10mins

cook time: 25-30mins

METHOD

- Preheat oven to 190°C.
- In a large bowl, add the lamb mince, chopped apricots and chickpeas and mix well with a fork.
- Add the harissa and mix well with your hands.
- With your hands, start forming the kofta in sausage like shapes, or meatballs if you prefer and set aside.
- I like to use metal skewers to cook them in the oven as they help distribute the heat through the meat and speed up the cooking process. But you can just lay them flat in a baking pan.
- Slide the skewers in the oven for 25 to 30 minutes until nicely coloured and cooked through.
- To serve: mix yoghurt, parsley and cumin seeds.

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