BEEF KOFTAS

Prep time
15 min

Cooking time
15 min

Portions
4



Beef Koftas

Ingredients

500g beef or lamb mince
1 small onion grated
2 cloves of garlic crushed
1 tsp ground cumin
1 tsp ground coriander
1 tsp smoked paprika
1 tsp salt
1 tbsp finely chopped coriander
¼ tsp bicarbonate of soda
1 tbsp olive oil, for brushing
Serve with pittas/wraps, tzatiki, tomatoes, pickled onions and fresh coriander

Equipment

grater
chopping board
sharp knife
garlic crusher
measuring spoons
large mixing bowl
baking tray
baking paper
pastry brush
metal spatula

Chef Notes

- Press the beef mixture evenly into your baking tray so it cooks at the same rate.
- Don't overwork the mince
- Bicarbonate of soda helps tenderise the meat and keeps it juicy while cooking.
- If liquid collects in the tray, carefully drain it off halfway through cooking to help the beef brown rather than steam.

Method

Step 1 Preheat the oven to 220°C or air fryer to 200°C. Grate the onion.

Step 2 Combine the onion with the mince, garlic, spices, salt, coriander and bicarbonate of soda. Mix well.

Step 3 Line a baking tray with baking paper. Press the mince mixture evenly onto the tray, about 1 cm thick.

Step 4 Brush with olive oil. Bake for 15–18 minutes or air fry until browned and cooked through. Carefully drain excess liquid halfway through if needed to help the meat brown.

Step 5 Use a knife or spatula to cut the meat into long strips, then make shallow lines across the strips to create a kofta pattern.

Step 6 Cut or separate the kofta strips and serve in warm pittas or wraps with tzatziki, tomatoes, pickled onions and fresh coriander.

Skill Badges

HEALTH HERO

FLAVOUR MASTER