

# Beef kofta with tzatziki



Makes 4 serves

## Ingredients

- 2 cloves garlic, peeled
- 2 cups mint leaves
- 1 cup low-fat Greek yoghurt
- 1 Lebanese cucumber, grated and squeezed of extra moisture
- 400g lean beef mince
- 2 tsp ground cumin
- 2 tsp ground coriander
- 1 tsp ground cinnamon
- 1 brown onion, peeled and quartered
- ½ cup flat leaf parsley
- freshly ground or cracked black pepper, to taste
- 2 Lebanese cucumbers, extra, cut into 1cm dice
- 2 tomatoes, cut into 1cm dice
- 1 red capsicum, cut into 1cm dice
- 2 spring onions (including green tops), sliced
- 4 wholemeal or wholegrain wrap bread

## Method

Finely chop garlic and mint or place them into the bowl of a food processor and process until finely chopped. Transfer ⅓ of garlic and mint mixture to a small bowl and mix with grated cucumber and yoghurt to make tzatziki. Set aside. Add onion and parsley to garlic and mint mixture and chop or process finely then combine with mince, spices and season with pepper. Use clean hands to divide into 8 portions, shape each into a 12cm long sausage. Spray a barbeque, chargrill or griddle with oil and heat on high. Cook kofta for 8 minutes or until cooked through, turning every few minutes. In a medium sized bowl, combine cucumber, tomatoes, capsicum and spring onion. To serve, divide Lebanese bread, salad and tzatziki on plates and add 2 kofta skewers to each.

## Hint

If time permits, cover and refrigerate koftas for 20 minutes or overnight before cooking. Press kofta mix around a metal or pre-soaked wooden skewers for easy turning during cooking.

“Want to liven up your BBQ with something different and tasty. Try this Middle Eastern/Indian specialty with your next BBQ. Serve with some BBQ corn and/or mushrooms to boost your vegetable serves to fill half your plate. Left overs are great for a tasty lunch next day.”

**Mary du Heaume**  
Dietitian APD  
HBF Member Health Coach

## Nutrition information

	Average Quantity per Serving	Average Quantity per 100 g
Energy	2007 kJ	431 kJ
Protein	31 g	6.6 g
Fat, total	13.5 g	2.9 g
— saturated	6.1 g	1.3 g
Carbohydrate	52.6 g	11.3 g
— sugars	18.2 g	3.9 g
Sodium	498.1 mg	107 mg
Fibre	10.6 g	2.3 g

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