



ROYAL  
VOLUNTARY  
SERVICE

# MOROCCAN KOFTA PASTRY SWIRLS

*by Nadia Terry*

## Equipment

- Bowl
- Wooden spoon
- Baking tray
- Greaseproof paper
- Knife

## Ingredients

- 1 pack of ready to use filo pastry
- 250g of minced meat of your choice
- 1 tsp cumin
- ½ tsp turmeric
- 1 tsp of paprika

- A small bunch of coriander
- ½ a medium sized onion, chopped very fine
- ½ tsp chilli powder

## Method

1. In a bowl, mix the minced meat with the spices and other ingredients, then mix very well.
2. Take the minced meat and press it between two pieces of greaseproof paper to make it flat.
3. Take the filo pastry and place the flat minced meat on the top. Make sure you have equal amounts of both.
4. Then start rolling, making sure you form a sort of Swiss roll.
5. Place in a tray, then put in the fridge for 15mins. If you have time, a bit longer won't harm.



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6. Once cold and firm, slice into circles and place onto a baking tray.
7. Cook in a preheated oven or air fryer at 180 degrees for about 25-30 mins. Serve hot or cold with salad and baby boiled potatoes

### **OUR THANKS TO NADIA TERRY FOR THIS GUIDE.**

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