



ROYAL
VOLUNTARY
SERVICE

MOROCCAN BEEF KOFTA

by Nadia Terry

SERVES 2

Ingredients

- 250g pack of minced beef (10% fat)
- 2 onions
- 4 tbsp of coriander and parsley
- 2tbsp of mint
- 1 tsp of cumin
- 1 tsp of paprika
- 1/2 tsp black pepper
- salt
- 1 tsp of harissa (optional)

For the Salad

- 2 tomatoes, sliced
- 1 lettuce gem, sliced
- 1 small red onion, sliced
- Juice of ½ lemon
- small pot of natural yogurt



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Method

1. In a bowl, put the meat with all the ingredients, mix together well and leave to rest for about 30 mins before you shape it into sausage/finger shape
2. While waiting, make a salad with tomatoes, lettuce and onion.
3. In a small bowl, mix 50g of natural yoghurt, ½ lemon juice, ½ tsp of harissa and coriander then season to taste.
4. Using a frying pan or BBQ fry the beef koftas.
5. Serve with the salad or on a lettuce leaf as a wrap

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