



serves  
4

prep time  
10/15mins

cook time  
40/45mins

ingredients  
9

difficulty  
easy

# TANDOORI BEEF KOFTA

w/ spiced pumpkin & minty peas

## INGREDIENTS:

- 500g grass fed beef mince
- 2 tbsp tandoori paste
- 3 garlic cloves, finely chopped
- 1.5 tsp salt flakes
- 1kg pumpkin, chopped into large pieces
- 1.5 tsp ground cumin
- 2 tbsp extra virgin olive oil
- 2 cups peas, fresh or frozen
- juice of 1 small lemon
- handful of mint leaves

## METHOD:

Preheat the oven to 180C fan forced.

In a roasting tray, place the pumpkin & sprinkle with the cumin and ½ tsp of the salt flakes and drizzle with the olive oil. Place into the oven & roast for 30-35mins or until the pumpkin is caramelised & cooked through.

Meanwhile, in a mixing bowl, place the mince, tandoori paste, garlic & 1tsp of the salt flakes & mix together thoroughly. Divide the mixture into 12 equal portions.

Roll each portion into a sausage shape & mould around 12 wooden skewers (previously soaked in water). Cover & chill for 5-10mins.

Preheat your barbecue grill to a medium heat. Cook the koftas for 10-12mins, turning occasionally.

To prepare the peas, bring a small pot of salted water to the boil, add the peas & cook for 2-3mins. Strain & in a small bowl, toss with the lemon juice & mint leaves.

Serve the koftas with the spiced pumpkin and minty peas.