

Koftas

Ingredients

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- 400g mince
- 2 tsp cinnamon
- 3 tsp cumin
- 4 garlic cloves, finely chopped
- 4 spring onions, finely sliced
- Salt and pepper to taste
 - 1 cucumber
 - 2 tomatoes
 - 2 red onions
- Optional dressing – 1 tbsp vinegar or oil
 - Pitta breads to serve

Method

- 1.** Make your koftas by combining the mince, cinnamon, cumin, garlic, spring onions and salt and pepper. Mold the mince into 4 sausage shapes.
- 2.** Cook in an air fryer for 10 minutes at 200°C, or fry in a pan for 5 minutes each side, ensuring the meat is cooked before serving.
- 3.** Prep your salad by combining sliced tomatoes, cucumber and onion in a bowl with an optional dash of oil or vinegar. Warm your pittas in the air fryer for a couple of minutes or on a pan quickly.

The Finer Details

Per Portion
380 Calories
20g Protein
20g Carbs
23g Fat
