

Koftas

Ingredients



- 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. Prepare the koftas by mixing the mince, cinnamon, cumin, garlic, spring onions, salt, and pepper. Shape the mixture into 4 sausage-like shapes.
2. Cook the koftas in an air fryer at 200°C for 10 minutes, or fry them in a pan for 5 minutes on each side, ensuring the meat is thoroughly cooked before serving.
3. Create the salad by combining sliced tomatoes, cucumber, and onion in a bowl. Optionally, drizzle a little oil or vinegar over the salad. Warm the pittas in the air fryer for a couple of minutes or quickly on a pan.

Note: Adjust cooking times as needed to ensure the koftas are cooked through and reach a safe internal temperature.

The Finer Details

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