

Beef Kofta Kebabs

Serves 6

tsp	Coriander or 1 tbsp fresh Coriander
1 tbsp	Mint
3 cloves	Garlic
100 g	Apricots
500g	Beef Mince
1 tbsp	Ground Almond
1 tsp	Turmeric
1 tsp	Cumin
1 tsp	Cinnamon
1 tbsp	Paprika



Serve with:

100 g	CousCous
1 tbsp	Chopped Parsley
1 tbsp	Chopped mint
1 pack	Feta Cheese—crumbled

- Mix Beef Mince with finely diced apricots, spices and herbs, ground almond and minced garlic.
- Make into “sausage rolls”.
- Soak the kebab sticks in water. Feed the “sausage roll” onto the kebab stick.
- Chill kebabs.
- Sprinkle couscous with 1 tsp turmeric. Add boiling water to couscous, add pinch of salt.
- Cut pomegranate through its middle. Take out the seeds.
- Season couscous with black pepper. Add chopped parsley and mint and crumbled Feta cheese.
- Heat grill. Cook kebabs on both side until well-browned and sealed.
- Serve on a bed of the couscous and green salad.