

# KOFTA KEBABS



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**Preparation :** 10 min - **Resting :** 30 min - **Cooking :** 10 min - **Equipment :** -

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**Ingredients :** 4/6

- 500 g beef, roughly chopped - 2 onions, quartered - 6 sprigs flat-leaf parsley - 6 sprigs coriander - 6 sprigs mint - 1 tbsp grapeseed or vegetable oil - 2 tsp ground cumin - 2 tsp ground paprika - 2 tsp curry powder - salt, freshly ground pepper

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1. Fit the food processing bowl with the metal blade. Remove the leaves from all the herbs. Place the onions, herb leaves, beef, oil and spices in the bowl; season with salt and pepper. Pulse for 20-30 seconds using the FOOD PROCESSOR programme until the meat is finely minced and resembles a paste.

2. Shape\* the mixture into small balls; if too sticky, moisten your hands to make it easier to work with. Put 2 or 3 balls on each wooden skewer and flatten gently.

3. Place the kebabs on a hot griddle, grill or non-stick frying pan; cook until golden and cooked through.

Cook Expert ■