

Greek-style lamb koftas with minty cucumber dip



Serves 4 prepare 15 mins | cook 12 mins

2 x 250g essential Waitrose
Lamb Lean Mince (10% fat)
2 tbsp chopped fresh
oregano
1 tsp ground coriander
Grated zest and juice of
½ lemon
1 small cucumber, diced
150g natural yogurt
1 clove garlic, finely chopped
3 tbsp chopped fresh mint

12 bamboo skewers

- 1 Preheat the grill or barbecue. Mix together the mince, oregano, coriander, lemon zest and seasoning. Divide the mixture into 12 and squeeze around 12 skewers.
- 2 To make the dip, mix the cucumber with the yogurt, garlic, mint, lemon juice and seasoning.
- 3 Grill the lamb koftas for 10-12 minutes, turning occasionally until well browned and cooked through. Serve the koftas in warm pittas with salad leaves and the mint dip.



Nutrition

Calculations are based on recipe ingredients listed per serving:

- 238kcal
- 4.0g carbohydrate
- 3.5g sugars
- 13.1g fat
- 6.8g saturated fat

Cook's tip

Soak the wooden skewers in water for 10 minutes to prevent them from burning.

And to drink...

This is perfect with the freshest of rosés, but one with plenty of flavour. Try this selection well-chilled for a summer treat: Chat-en-Oeuf Rosé, Pays d'Oc, South of France.

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