Greek-Style Lamb Koftas

INGREDIENTS
- 400 g lean lamb mince
- 2 Tbsp chopped fresh parsley
- 1 tsp minced garlic
- 1 tsp ground cumin
- 1 ½ tsp ground coriander
- 8 wooden kebab skewers, soaked in cold water

METHOD
1. To make the lamb koftas, mix together lamb mince, parsley, garlic, cumin and coriander. Season with salt and pepper.
2. Divide the mixture into 8 balls. Form each ball around the pointed end of a skewer. Refrigerate for at least 30 minutes.
3. To make the Israeli Couscous Salad, add Israeli couscous to a large pot of lightly salted boiling water. Reduce heat.
Tips

Koftas make great nibbles with drinks. Make them smaller and serve with Good Taste Company Cucumber and Mint Dip.

1 cup Israeli couscous
1 ¼ cups boiling water or vegetable stock
¼ cup slivered almonds, toasted
½ cup chopped dried apricots
¼ cup chopped fresh parsley
½ cup The Good Taste Company Cucumber and Mint Yoghurt Dip

and cook for 7-8 minutes, stirring occasionally until couscous is just tender. Drain. Rinse with cold water and drain again. Allow to cool. Mix through almonds, apricots and chopped parsley. Season to taste. Set aside.

4. Barbecue koftas over medium heat until browned and cooked through. This will take 6-8 minutes.