




CASTLE
ESTATE
— Est. 1923 —

LAMB

LAMB KOFTE *with* PEA TABBOULEH AND GARLIC YOGHURT

Conscious Farming for the Conscious Consumer

LAMB KOFTE *with* PEA TABBOULEH AND GARLIC YOGHURT

SERVES 4

20 MINS PREPARATION - 10 MINS COOKING

Ingredients

Olive oil, for drizzling
250 gm Greek-style yoghurt
1 small garlic clove, crushed
Coriander cress, sumac (optional) and
lemon wedges, to serve

LAMB KOFTE

500 gm coarsely minced lamb
1 small Spanish onion, finely grated
2 garlic cloves, crushed
2 tsp baharat (see note)
¼ tsp ground chilli
¼ tsp ground allspice

PEA TABBOULEH

500 gm frozen peas
2 Lebanese cucumbers, seeded and
coarsely chopped
1 cup mint, finely chopped
1 cup flat-leaf parsley, finely chopped
3 spring onions, thinly sliced
60 ml extra-virgin olive oil (¼ cup)
1½ tbsp lemon juice
1 small garlic clove, crushed
Finely grated rind of 1 lemon
Pinch of ground chilli

Source: gourmettraveller.com.au

Method

For kofte, heat a barbecue or char-grill pan to medium-high heat. Combine lamb, onion, garlic and spices in a bowl and season generously to taste. Knead until mixture comes together and is slightly sticky (1-2 minutes). Divide into 12 balls and thread onto metal skewers.

For pea tabbouleh, cover peas with boiling water in a bowl, then strain and pulse in a food processor until coarsely crushed. Combine in a bowl with cucumber, herbs and spring onion. Whisk olive oil, lemon juice, garlic, lemon rind and chilli in a bowl to combine and season to taste. Add to salad just before serving, tossing lightly to combine.

Drizzle kofte with oil and grill, turning occasionally, until browned and just cooked through (5-6 minutes). Rest for 5 minutes.

Combine yoghurt and garlic in a small bowl, season to taste and drizzle with olive oil. Scatter kofte with coriander cress and sumac, and serve with pea tabbouleh, yoghurt and lemon wedges.

Note: Baharat, a Middle Eastern spice mix, is available from Herbie's Spices (herbies.com.au) or Middle Eastern delicatessens.