

# Minty lamb & chickpea koftas



**DYNAMIX**  
HEALTH & FITNESS

## for the koftas:

500g lean lamb mince  
1 small white onion, very finely chopped  
400g tinned chickpeas, rinsed, drained and mashed well  
1 tsp chilli flakes (optional)  
1 egg  
1 small sprig fresh mint, finely chopped  
1 tsp dried basil  
1 tsp garam masala  
1 garlic clove, finely chopped  
½ tsp sea salt

## for the dip:

100g Greek yoghurt (use dairy free if preferred)

1 tsp mint sauce  
1 tsp fresh lemon juice

## to serve:

a handful of mixed salad leaves  
lemon wedges

Place all of the kofta ingredients into a bowl and mix well using your hands. Allow to stand for 20 minutes.

Meanwhile, mix the Greek yoghurt, mint sauce and lemon juice in a bowl. Cover and refrigerate.

Prepare a medium / high grill. Line the grill tray with a sheet of foil and turn the edges upwards, to prevent the juices spilling into the tray.

Roll the lamb mixture into 8 oval-shaped koftas and place on the grill tray, leaving a small gap between each one. Grill for 6-8 minutes or until the tops are brown. Turn each kofta carefully using tongs. Grill for around 6-8 minutes, or until the koftas are brown.

Insert a skewer into one of the koftas. If the juice runs clear, the koftas are cooked. If the juice is pink, grill for several more minutes, then test again. Serve the cooked koftas with lettuce leaves, mint dip and lemon wedges.

*Store any leftover koftas and sauce in separate airtight containers and refrigerate for up to 3 days.*

**MAKES 10 KOFTAS**

PER KOFTA  
(with dip):  
165 Calories  
**8g Carbs**  
**13g Protein**  
**9g Fat**

