

to healthier, happier you

Get ready to a quick and delicious
Crispy Kofta with Hummus and Shirazi Salad

This recipe is quick, crunchy, creamy, and guaranteed to leave you craving more!

I promise you this will be your new summer obsession

Let's dive into the simple steps:

INGREDIENTS for 1 portion:

Hummus:

150g of rinsed and drained chickpeas
1 tbsp of lemon juice
1 small garlic clove, minced
2 tsp of tahini
salt to taste
1 ice cube

Shirazi Salad:

1 cucumber, chopped
1 tomato, chopped
1/2 red onion, chopped
handful of fresh mint, chopped
salt to taste
2 tbsp of pomegranate to garnish

Kofta:

175g of raw ground beef / lamb / turkey
1/2 small onion, finely chopped
1 garlic cloves, minced
2 tbsp of fresh parsley, finely chopped
1 tbsp of fresh mint, finely chopped
1 tsp of black pepper
1/2 tsp of salt
1/2 tbsp of paprika
1 tsp of cumin
1 tsp of cinnamon
1 tsp of olive oil

INSTRUCTIONS:

In a mixing bowl, combine the ground meat, chopped onion, minced garlic, parsley, mint, black pepper, salt, paprika, cumin, and cinnamon, and mix well. Divide the mixture into small portions and shape them into elongated meatballs or cylindrical shapes, forming the koftas. Heat olive oil in a skillet over medium heat, grill the koftas for about 8-10 minutes, turning occasionally, until they are browned and cooked through.

In a food processor, combine the chickpeas, lemon juice, garlic clove, tahini, salt, and ice cube. Process the mixture until smooth and creamy, adding a little water if needed.

In a mixing bowl, combine the diced cucumber, tomato, red onion, and chopped mint leaves. Season the salad with salt to taste and toss to combine.

Spread a generous layer of hummus on a serving plate, add the cooked koftas on top of the hummus, spoon the Shirazi Salad over the koftas. Garnish the dish with a sprinkle of pomegranate and ENJOY!