

Home-made lamb koftas

SERVES 4 PREP 15mins COOK 10mins **EASY**



**Low
saturated
fat**

** To save time,
make the koftas
the day before*

- 300g The Co-operative Welsh Healthy Living lamb, finely chopped
- ½ small onion, finely chopped
- 1 garlic clove, finely chopped
- 1 tsp ground cumin
- 1 tsp ground coriander
- 2 tbsp fresh mint, chopped
- 150ml The Co-operative reduced-fat Greek-style natural yogurt
- black pepper

- 4 The Co-operative wholemeal pitta breads
- 100g tomatoes, sliced
- 75g cucumber, chopped
- 50g lettuce, shredded

1 Mix the lamb with the onion, garlic, spices and half the mint. Divide the mixture into four. Using damp hands, press each portion on to a flat metal skewer in a long sausage shape. Transfer to a plate, cover and chill for 20 mins.

2 Meanwhile, mix the yogurt with the remaining mint and some pepper. Lay the skewers on a foil-lined tray and grill at a high heat for 8-10 minutes, turning several times.

3 Toast the pittas and slice along one side to make a pocket. Remove the koftas from their skewers, cut into bite-size pieces and pack into the pitta halves. Combine the veg and divide between pittas. Drizzle with the yogurt.

Calories 300	Fat 5.5g	Sat Fat 2.5g	Sugars 5g	Salt 0.8g
approx. per serving				

The **co-operative**
good with food