



Café Belle Fleur

Lamb Kofta Sticks with Tzatziki

Makes 40 cocktail size

Ingredients

500g minced lamb
1 small onion, chopped
1 egg, lightly beaten
2 cloves garlic, crushed
1 tsp ground coriander
1 tsp ground cumin
¼ tsp ground cinnamon
¼ tsp allspice
Lots of salt and pepper
½ tsp red chilli, seeded and finely chopped
1 tsp tomato paste
1 tbsp mint, chopped
1 tbsp parsley, chopped
1 tbsp coriander, chopped
Oil for the barbeque
40 cocktail size skewers, soaked in water for 20mins



Method

Mix all ingredients together in a bowl and, using your hand, work for 2 minutes until well blended. Shape into 2 teaspoon sized balls and place one on the top of each skewer. Refrigerate until needed then cook on pre-heated bbq with oil, turning, until cooked through. Serve with tzatziki dip.

Tzatziki

125g Greek style natural yoghurt
½ Lebanese cucumber, grated
1 clove garlic, crushed
1 tbsp mint, chopped
1 tbsp lemon juice

Mix all together and set aside.





Growing Notes

Coriander

- Best grown in the cooler months of the year, in pots or garden beds, but can be grown continually all year round.
- Can be grown from seeds or seedlings,
- If growing for the leaves, look for 'slow bolt' varieties and try planting them in partial shade.
- Don't throw out the roots when you harvest the plants as they are often used in cooking and actually hold more flavour than the leaves.
- You can also save the seeds to dry and ground and use in many a Southeast Asian or Middle Eastern recipe.

Chilli

- Will grow happily in pots as well as the garden.
- Plant from seedlings, or sow seeds into trays before transplanting out later.
- Pick the first fruit whilst green to encourage further cropping, then pick further crops either green or let ripen and sweeten to yellow, orange or red.

Mint

- Mint loves a sunny spot, but doesn't mind partial shade.
- It will thrive in moist, rich soil, however it can be an invasive plant. For this reason, it is best grown in a large pot or tub rather than in the garden.
- Leaves can be harvested as needed and are lovely in drinks, Asian salads and sweets.
- Did you know, mint infused tea is said to relieve anxiety and tension.