

Mini Lamb Kofte

500g minced lamb

1 onion

4 tbsp tomato ketchup or tomato paste

Handful parsley (ideally flat leaf continental style but curly will do)

1 egg

1 tbsp dried thyme

1 tsp ground cumin

1 clove garlic (optional)

Handful breadcrumbs (optional)

Salt & Pepper to taste

- 1 Finely chop the onion and parsley using the food chopper
 - 2 Mix all remaining ingredients together either using pastry blender or by hand
 - 3 Using small scoop, form small meatballs and place on the medium bar pan
- Bake in hot (approx 200 degrees) oven for approx 20-30 minutes