



CHILLI AND TOMATO SAUCE WITH LAMB KOFTAS AND YOGHURT DIP

INGREDIENTS

For the koftas

Meat Skewers

800g minced lamb

1/2 onion, finely chopped and cooked until soft

4 dsp Country Range Sauce for Chilli Con Carne

Zest of 1/2 lemon

1 red chilli, finely chopped

2 dsp, chopped parsley

1 clove garlic, finely chopped

2 beaten egg whites

For the yoghurt dip:

4 large spoonfuls of natural yoghurt

Pinch of salt

Fresh mint leaves, finely chopped

Juice of 1/2 lime

METHOD

1. Place the potatoes, onion and vegetable stock into a medium sized pan, bring to the boil and simmer for 6-8 minutes until soft.

2. Pour into a blender, add the watercress and blend until smooth.
3. Season, pass through a sieve then bring back to the boil.
4. Pour into a bowl and serve topped with a spoonful of horseradish cream.

METHOD

1. Place all the ingredients into a bowl and mix together well. Roll the mixture tightly around the meat skewers into balls.
2. Place into fridge and chill for 24 hours.
3. To cook, place into a pre-heated oven (185°C/Gas Mark 6) and cook for 20 minutes.
4. To make the dip, mix the ingredients together.
5. Serve the koftas with the mint yoghurt dip.