

# Lamb Kofta with Yoghurt & Cucumber Dip

🕒 30 min    🍽️ 4 servings

627 Kcal / serving

38g Protein    49g Fat    8g Carbs

## Ingredients

- Greek yoghurt, 4.5 oz (127.6 g)
- Lemon juice, 1 tablespoons (15 g)
- Mint leaves, finely chopped, 0.3 cup (11.3 g)
- Spring onions, finely chopped, 4 (48 g)
- Garlic, crushed (omit for fodmap friendly), 2 clove (6 g)
- Lamb mince, 800 g (800 g)
- Cucumber, grated, 0.5 Cucumber (80 g)
- Parsley, fresh flat leaf, finely chopped, 0.5 cup (30.5 g)
- Cumin ground, 2 teaspoon (4 g)
- Coriander power, 1 tsp (3 g)
- Salt, sea, 0.5 teaspoon (2.5 g)
- Black Pepper, 0.5 tsp, ground (1.2 g)
- Paprika, 10.5 teaspoon (21 g)
- Olive Oil, 1 teaspoon (3.9 g)



## Instructions

1. Combine lamb, spring onions, mint leaves and parsley, one clove of the garlic, spices and seasoning in a large bowl and mix well with your hands.
2. Divide mixture into 12 portions and roll each into a sausage shape. Thread the kofta onto pre-soaked skewers, pressing them on to hold. Cover and refrigerate for 20 minutes.
3. Cook kofta on a lightly oiled, pre-heated grill plate or barbecue for approx 8-10 minutes over a medium heat, turning throughout cooking time. Remove to a plate and sit covered for 5 minutes before serving.
4. Place Greek Yoghurt in a bowl, squeeze excess liquid from grated cucumber and add to yoghurt the lemon juice, one clove of garlic and salt and pepper.
5. Mix well and serve with the lamb kofta and lemon wedges.

## Comments

Keto, Gluten Free, Fodmap Friendly.

Serve as leftovers for lunch the next day with the dip, it will taste even better.

This high in protein meal will keep you full for hours, and will boost your calcium!

Store leftover in an airtight container in fridge, for 2 days.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	2509.2	217.5	627.3
Protein [g]	153.1	13.3	38.3
Fat [g]	196	17	49
Carbs [g]	32.7	2.8	8.2
Fiber [g]	11.8	1	3
Net Carbs [g]	20.9	1.8	5.2



Protein Fat Carbs

## Micronutrient summary

	TOTAL	/100 G	/SERVING
Calcium, Ca [mg]	525.3	45.5	131.3
Iron, Fe [mg]	23.5	2	5.9
Magnesium, Mg [mg]	303.4	26.3	75.9
Phosphorus, P [mg]	1603.7	139	400.9
Potassium, K [mg]	3178.8	275.5	794.7
Sodium, Na [mg]	1502.4	130.2	375.6
Zinc, Zn [mg]	30	2.6	7.5
Vitamin A, RAE [ug]	740.9	64.2	185.2
Vitamin E [mg]	9	0.8	2.3
Vitamin D [ug]	0.8	0.1	0.2
Vitamin C [mg]	63.6	5.5	15.9
Thiamin [mg]	1.1	0.1	0.3
Riboflavin [mg]	2.5	0.2	0.6
Niacin [mg]	51.6	4.5	12.9
Vitamin B6 [mg]	1.8	0.2	0.5

Vitamin B12 [ug]	19.4	1.7	4.9
Vitamin K [ug]	662.9	57.5	165.7