

AIR FRYER LAMB KOFTAS WITH FLATBREADS



Lamb can be an expensive meat but this recipe uses lamb mince which is usually more affordable.

Fabulous served on top of easy homemade flat bread, with a side salad and a dollop of Tzatziki.



Skills Check (as appropriate for each Key Stage):

Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons and cups; use balance/digital scales; chop using bridge/claw safely; snip herbs with scissors; use a box grater safely; shape e.g. burgers, fish cakes.

Equipment: Wooden/metal kebab skewers, knife, chopping board, scissors, bowl, grater, measuring spoons, large bowl.

Allergens*: Gluten | Milk

Ingredients (makes 6 koftas):

- 1 small onion
- 600g lean minced lamb, reduced fat if possible
- 1 garlic clove, crushed
- 1 tsp cumin
- 1 tsp ground coriander
- 1 tsp turmeric
- 1/2 tsp chilli powder
- Salt and pepper

Per Flatbread:

- 70g plain flour
- 50ml plain natural yoghurt

For the dip:

- 100ml plain yoghurt
- 1/4 cucumber
- 1 clove of garlic, crushed
- A handful of mint leaves, chopped
- 1 tsp olive oil

Method

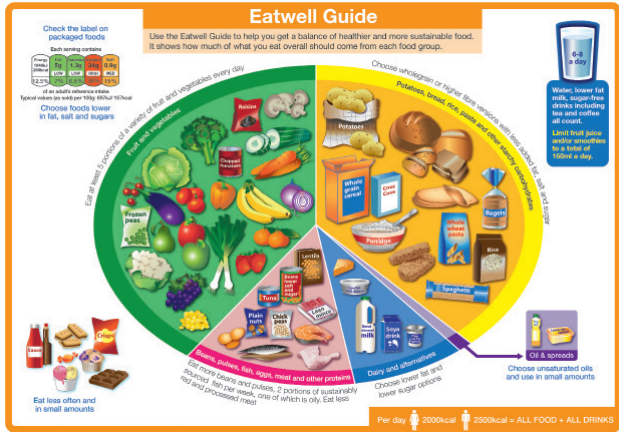
1. Soak the wooden skewers in water, if using.
2. Peel and finely chop the onion using the bridge/claw hold techniques.
3. In a large bowl, add the lamb mince, chopped onion, 1 crushed garlic clove and measured spices. Mix well.
4. Divide the mixture into 6 equal portions.
5. Roll each portion into a sausage shape and mould around the 6 skewers.
6. Cover and refrigerate until needed.
7. Air fry the lamb koftas for 10 minutes at 180°C, turning halfway through. Check the internal temperature of the koftas has reached at least 70°C before removing from the air fryer.
8. For the flatbreads, combine the flour and 100ml yoghurt in a bowl until a dough is formed. Divide into even balls and roll out using your hands or a rolling pin. Bake on a baking tray for 10 minutes until they turn bubble and begin to turn brown.
9. For the dip, grate the cucumber into a bowl, drain the liquid from the cucumber and add 100ml yogurt, 1 crushed garlic clove, mint and olive oil.

* Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.



AIR FRYER LAMB KOFTAS

Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Air Fryer Lamb Koftas ...

Lamb is an excellent source of protein and rich in minerals (e.g. iron) and the B vitamins. It can be high in saturated fat so choose leaner cuts where possible.

Bread is a good source of complex carbohydrates which gives us energy. It is also a good source of fibre and B vitamins. In general, wholemeal and whole-grain flours/bread tend to be more nutritious than white, and they also contain more fibre.

Vegetables are so good for us! Low in fat, sugar and calories and high in vitamins, minerals and antioxidants.



Energy, sugar, fat and salt per serving

Per 275g serving

ENERGY	2299kJ / 547kcal	27%
MED	FAT 20g	29%
HIGH	SATURATES 9.6g	48%
LOW	SUGARS 4.8g	5%
LOW	SALT 0.49g	8%

% of an adult's reference intake
Typical values per 100g : Energy 836kJ / 199kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.