

Recipe Card #5



Greek Beef Koftas

500g Beef Mince

1½ Tbsp Beef Spice

1 Egg, beaten

¼ cup Bread Crumbs (perhaps a little more if it is not binding well)

Small Hand-full Mint leaves finely diced (to taste)

Salt & pepper to taste

Kebab sticks

Mix all the ingredients together and roll into meat balls, then roll them slightly oblong in shape (see picture).

Chef's tip - coat your palms with oil before rolling balls to prevent the meat from sticking to your hands.

Push a kebab stick through the middle, along the length of the oblong meat ball.

Fry in a pan until cooked.

Serve with either a Napolitana Sauce, tzatziki and roasted Mediterranean vegetables for dinner or for a lunch in a fresh bread roll (stick removed) topped with Napolitana Sauce and grated cheese.