Recipe Card #5

Greek Beef Koftas

500g Beef Mince
1½ Tbsp Beef Spice
1 Egg, beaten
1/4 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.