



KOFTA

❖ Ingredients

- 200g cooked brown lentils
- 2 shredded carrots
- 1 chopped brown onion
- 3 tablespoons garam/ chickpea flour (or more depends how juicy are your carrots)
- 2 stalks of coriander
- 2 tablespoons of ground flax seeds
- 1 tablespoon of cumin powder
- 1 tablespoon of coriander powder
- 1 tablespoon of dried mint
- 1 teaspoon of cinnamon
- Salt, pepper to taste
- 14-17 wooden skewers

❖ Method

1. Preheat the oven to 200C
2. Put everything (except flour) into a blender and process together. Ensure there are still some chunks of lentils, you don't want to overprocess it.
3. Put the mixture in a bowl, add chickpea flour and mix together, adjust seasoning if needed.
4. Scoop out about 2 tablespoons of the mixture and form an oval shape. Thread on to skewer. Repeat until you use all the lentil mixture.
5. Bake in the oven for 30 minutes
6. Serve either cold or hot.