



Spiced Koftas & Peanut Hummus

Using our organic beef mince to create these delicious koftas

Serves: 4

Prepare: 30 Minutes

Cook: 15 Minutes

Difficulty: easy

Ingredients

For the kofta

- 700g [organic beef mince](#)
- 150g onion, finely chopped
- 3 garlic gloves, finely chopped
- 50g toasted pine nuts, finely chopped
- 1 handful of dried parsley
- 1 medium-hot chilli, deseeded and finely chopped
- 1 tsp ground cinnamon
- 1 tsp ground allspice
- 1 tsp ground nutmeg
- 1 tsp ground black pepper
- 1 tsp salt

For the hummus

- 400g tin of chickpeas
- 1 tsp garlic paste
- 30ml olive oil
- 3 tbsp smooth peanut butter
- 1 tbsp lemon juice
- 1 tsp sea salt
- 2 tsp ground cumin
- 2 tbsp greek yoghurt
- 1 tbsp peanuts, finely chopped
- 1 tsp smoked paprika

Method

1. Finely chop the onion and garlic or blitz in a food processor if you like a finer texture
2. In a large bowl add the onion, garlic, organic minced beef and the remaining kofta ingredients, mix thoroughly with your hands. Take enough of the kofta mix to cover the palm of your hand, and shape around the centre of skewer sticks. Leave the skewers exposed on either end to make them easier to turn whilst cooking. You can also just shape the kofta without skewers if you prefer. Set the koftas to one side to griddle later
3. To make the peanut hummus, drain and rinse the chickpeas. Put them, along with the garlic, oil, peanut butter, lemon juice, salt and cumin in a blender and blitz to a slightly coarse texture
4. Add the yoghurt and blitz again. The hummus should now be smooth, however, add more yoghurt and blitz again if needed. Taste and season if required
5. Serve the hummus in a bowl sprinkled with your chopped peanuts and smoked paprika
6. It's time to cook the koftas. Heat the oven to 220C. Warm a pan on the hob and sear your koftas on all sides for a few minutes before transferring to your pre-heated oven for 6-8 minutes. Baste a little of the fat that escapes over the koftas between cooking to ensure they do not dry out
7. Serve on their own, dipped in your hummus, as nibbles at a party, or arrange amongst flatbreads dressed in Greek yoghurt, fresh coriander and extra toasted pine nuts