



## Toasted Pine Nut Lamb Kofta with Grated Beetroot Freekeh Salad

### For the Lamb Kofta

500g good quality minced lamb

50g [Farm FreshNuts Dry Roasted Pine Nuts Salted](#)

1 egg

Hand full of fresh parsley, finely chopped

1 tsp cumin, ground

½ tsp sweet paprika

½ tsp hot paprika

¼ tsp cinnamon

Good pinch salt

Olive oil for pan frying

### For the Freekeh salad

1 cup freekeh

1 ½ x large beetroots, peeled and grated

6 medjool dates, pitted and sliced into quarters lengthways

½ cup finely chopped parsley

½ cup finely chopped mint leaves

1 lemon, skin removed and cut into segments

3 tbsp lemon juice

3 tbsp olive oil

1 tsp cumin, ground

Good pinch sea salt

### For the Kofta

Pre-heat your oven to 180 degrees. You'll need to pop the kofta in the oven at the end to finish cooking them through.

In a small fry pan on medium heat, gently toast the pine nuts, then set aside. In a large mixing bowl add the lamb mince and all remaining ingredients, gently combine them together.

Once the pine nuts are cooled, mix through the lamb – I like to get in there and use my hands. You'll get them dirty anyway, as you'll need to roll the mixture into balls.

Once fully combined, roll the kofta into 50 cent sized pieces. Wet your hands with a little water, this will help prevent the mince mixture from sticking. You should get approximately 24 kofta from one batch.

Heat a fry pan until quite hot, drizzle with a couple of tablespoons of olive oil and add the kofta in small batches, frying for 2-3 minutes on all sides. They should be brown, charred and crispy and still raw on the inside.

Once they are all fried, place the kofta onto a baking tray and finish off cooking for 5-10 minutes or until they are just cooked through in the oven.

Finishing them this way will ensure the kofta retain their juiciness and not dry out. There's nothing worse than dry minced meat!