

Easy Beef Kofta



Easy Beef Kofta

PREP TIME: 15 min **COOKING TIME:** 15 min **MAKES:** 10 Skewers **DIFFICULTY:** Easy

Ingredients

500g lean beef mince
½ red onion, finely chopped
1 clove garlic, crushed
1 tablespoon Moroccan seasoning mix
½ teaspoon chilli flakes (optional)
2 tablespoons chopped coriander
1 egg
¼ cup dried breadcrumbs
Olive oil cooking spray
Serve with cous cous

CREAMY DRESSING (OPTIONAL)

¼ cup crème fraiche
2 tablespoons lemon juice
1 tablespoon chopped mint

Method

1. Soak 10 long bamboo skewers in water for 30 minutes.
2. Combine mince, onion, garlic, seasoning mix, chilli flakes, coriander, egg, and breadcrumbs. With clean hands mix well to combine.
3. Divide mixture in ten and press mince mixture onto skewers to form a long sausage shape. Spray evenly with cooking spray.
4. Preheat a BBQ plate or char-grill plate over medium high heat. Cook skewers for 8-10 minutes turning every 3-4 minutes.
5. Serve skewers with Couscous salad or cooked basmati rice and dollop with creamy dressing.

CREAMY DRESSING

1. Combine crème fraiche, lemon juice and mint and mix well.

Nutritional profile per serve

Energy	558kj
Protein	12g
Carbohydrate	4g
Fibre	1g
Sodium	70mg (low)
Potassium	236mg (acceptable)
Phosphate	128mg (take a phosphate binder with this meal if you are prescribed them)

This recipe is suitable for everyone with kidney disease.

Find more awesome recipes and nutrition information at [kidney.org.au/diet-nutrition](https://www.kidney.org.au/diet-nutrition)