

Turkey Koftas

Ingredients

250g Minced turkey or chicken
1 x small onion
1 x Garlic clove
1 x Red/green chili or 1tsp chilli powder
1 x Teaspoon of curry powder
1 x Teaspoon ground cumin or garam masala
1 x Teaspoon of turmeric
½ x Teaspoon salt



Equipment

Teaspoon, kebab sticks, baking tray, large mixing bowl, knife

Method

1. Switch oven onto 180 degrees or gas mark 5
2. Finely dice the onion and garlic.
3. Carefully top and tail the chilli and remove the seeds. Chop it finely into small pieces. (Wash and dry hands immediately)
4. Put the mincemeat into a large mixing bowl and add the onion, garlic and chilli. Add the remaining spices and salt.
5. Slightly wet hands to combine all the ingredients together.
6. Shape the meat around 3 kebab sticks and place on a baking tray and cook for approximately 12 -15 minutes