

# BEEF KOFTA

4 servings

Cals 212, Protein 29g, Fat 8g, Carbs 4g, Fibre 5g

## INGREDIENTS

600g Lean Beef Mince

½ cup grated carrot

¼ cup grated onion

2 tablespoons Tomato Paste

1 clove Garlic

1 tsp Cinnamon

1 tsp Cumin

1 tsp Paprika

1 tsp Chilli powder

2 tablespoons Psyllium

## DIRECTIONS

Wet hands then combine mixture in one bowl until well combined. Add salt and pepper to taste

Using a tablespoon form balls

Way tastier if made at least a few hours before cooking or allow to sit overnight

Heat oven to 180C then Place in oven for 20 minutes.

Feel free to add spices and herbs that you enjoy. These can be used in salads, with veggies, stuffed in pita or wraps.

Different mince is fine – pork include apple & fennel, Lamb garlic & rosemary