

KOFTA WITH RAITA - Serves 4

300g minced lamb
1 medium brown onion, **finely diced**
1 clove garlic, **crushed**
1 tsp **grated** ginger
½ tsp garam masala
½ tsp ground cumin
1 tsp ground coriander
1 tbs flat-leaf parsley, **finely chopped**
2 tbs fresh mint, **finely chopped**

Cucumber and mint raita

½ small cucumber
125g plain yoghurt
1 tsp lemon juice
1 tbs mint, finely chopped

Kofta:

1. In a large bowl, combine the lamb, onion, garlic, ginger, garam masala, coriander, cumin, mint and parsley. This is best done with cold, damp hands to ensure the mixture is thoroughly combined.
2. Shape the mixture into sausage-like shapes. Place on a clean plate and cover with cling film. Place in the refrigerator until required.
3. Remove grill tray from oven and grill rack from the wide bottom drawer. Line grill tray with aluminium foil and cover the rack with aluminium foil.
4. Turn the grill on.
5. Place each kofta in a warmed griller.
6. Turn the kofta to brown each side, but do not make the first turn until one side is well cooked. Cook for 8-10 minutes or until browned all over and cooked through.
7. Serve the kofta with the cucumber and mint raita.

Cucumber and mint raita:

1. Peel the cucumber and cut in half lengthways. Remove the centre from the cucumber. Cut each half of the cucumber into three, lengthwise strips. Dice the cucumber **finely**.
2. Beat the yoghurt until smooth.

3. Stir in the lemon juice and mint.
4. Keep some of the cucumber slices as a garnish and add the rest to the yoghurt. Mix thoroughly.
5. Place the raita in a serving dish. Garnish with the reserved cucumber.

CRUNCHY COLESLAW

1/3 cup natural yoghurt
2 tsp lemon juice
1/4 tsp black pepper
1/4 small savoy cabbage, **finely shredded**
1/8 red cabbage, **finely shredded**
1 carrot, **coarsely grated or julienned**
1/4 red capsicum, **finely chopped**
2 spring onions, **finely chopped**
1 tbs flat-leaf parsley, **finely chopped**

In a small bowl, mix together the yoghurt, lemon juice and pepper.

Place the prepared vegetables in a salad bowl. Add the dressing and toss until well combined.