

Coriander and cumin lamb kafta

Recette pour 4 personnes

Description Ground lamb season with coriander, cumin and garlic on skewers.

Ingrédients

For the lamb kafta

- 160 Gr Ground lamb
- 2 Clove(s) Garlic
- 5 Ml Coriander
- 2 Slice(s) Soft bread
- 30 Ml Milk
- 5 Ml Cumin powder
- 6 Sprig(s) Parsley
- 1 Unit(s) Egg

- Vegetable oil
- Salt and pepper

Préparations

Temps de préparation **30 mins**

Préchauffez votre Four à 425 F°

For the preparations

Put the wood skewers in cold water during your preparations. In a bowl, break the soft bread in small pieces and pour the milk on the top. Pick and chop the parsley leaves but not too thin. Chop the garlic finely.

For the kafta

In a bowl, put the ground lamb, the egg, the coriander, the cumin, the garlic and the squeeze soft bread. Mix it really well. With your hands, form some 20g lamb sausage around the skewers. Brush some vegetable oil around, and season it. In a hot pan with vegetable oil put the skewers on for 5 to 6 minutes by turning it often. Put it on a baking tray and finish it in the oven for 2 to 3 minutes. Put it on a serving plate and finish with the chop parsley.

Bon appétit!