Lamb kefta with Ras-El-Hanout, red onion pickles, cumin chickpea salad, yogourt with fresh herbs

Recipe for 4 servings | 12 tapas



Description

A trip to North Africa with this recipe!

Note

Make your pickles few days in advance!

Une recette facilement réalisable pour un plat, les quantités proposées ici sont pour 4 pers.

Ingredients

Kefta

- 500 Gr Ground lamb
- 2 Unit(s) Chopped shallot
- 2 Sprig(s) Flat parsley
- 1 Tbsp Ras el hanout
- 1 Unit(s) Egg
- 50 Gr Breadcrumbs

- Salt and pepper

Pickels

- 1 Unit(s) Red onion
- 375 Ml Xérès vinegar
- 2 Tbsp Sugar

- Salt and pepper

Chickpea salad

- 1 Can(s) Chickpea box 398 ml
- 1 Tbsp Cumin powder
- 1 Unit(s) Lemon juice
- 1 Tbsp Dijon mustard

- Salt and pepper

Yogurt

- 300 Ml Greek yogurt
- 5 Sprig(s) Flat parsley
- 0.50 Bunch Chives

- Salt and pepper

Preparation

- Preparation time **30 mins**

- Preheat your **oven** at **400 F°**

Prep

Peel and cisel the shallots.

Remove the leaf and chop the parsley. (keep few leaves aside for decoration)

Peel and mince the onions.

Pour the can of cheak peas in a strainer and wash under cold water.

Press the lemon juice.

Finely chop the chives.

Kefta

In a bowl, mix all the ingredients. Season with salt and pepper. Make meatballs of 40gr and roll in your palm to make into an oval shape.

Keep aside in the fridge for 30 minutes.

In a hot pan with vegetable oil, brown the kefta on each side and bake in the oven for 5 to 6 minutes before serving.

Pickels

In a pot, bring to a boil vinegar and sugar.
Remove from heat and add the onions.
Let cool down and put aside in the fridge.

Salad

In a bowl, mix all the ingredients.
Season to taste with salt and pepper.

Yogurt

Mix the yogurt with salt and pepper, chives and parsley.

Plating

Start with your sald in the plate,, add a spoon of yougurt on top.

When the keftas are cooked, remove from oven and put in top. Garnish with pickles and parsley leaves.

Bon appétit!