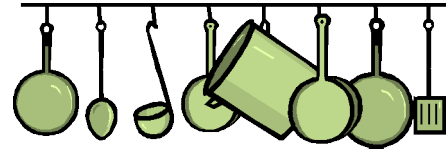


Lamb Kofte Kebabs with Red Pepper Sauce



INGREDIENTS

For Kebabs: Lamb mince, pitta bread, fresh parsley, peppercorns, fresh mint, mustard seeds, cumin seeds, fresh garlic, fresh chillies, chives.

For Sauce: Tin of chopped tomatoes, fresh chilli, fresh garlic, fresh onion, fresh red peppers.

DIRECTION

Heat up a saucepan and add the mustard seeds, chives, cumin seeds and peppercorns, warm gently until they start to pop. Next, crush the seeds along with the fresh garlic and chilli. Chop parsley and mint and add to a bowl with fresh mince, mix together. Shape the mixture into large balls and place in the oven to cook. For the sauce, chop up the garlic, chilli, red peppers and onion into small cubes. Soften in the saucepan and then add the tin of tomatoes. Simmer until ready to serve alongside the kebabs in the pitta breads.