



beef kofte;

1. (bee'f kohf-teh) *noun*.
Middle eastern spiced ground meat over an herby couscous salad.
2. Produces 2 Servings.
3. Preparation 35 mins.
4. Oven temperature set to --.

Ingredients;

Kofte

- 10oz ground beef
- 2 tsp. garam masala
- few sprigs fresh thyme
- 1 bunch fresh mint
- 1/2 c. plain greek yogurt
- lettuce wedges, for serving

Cous Cous Salad

- 1/2 c. couscous
- 1/2 red onion
- 1/2 medium cucumber
- 1 lemon
- 1 fresh red chili
- 4 oz. grape tomatoes

Instructions;

Beef Kofte

1. In a bowl, mix together the beef, garam masala, a pinch of salt and pepper, and add thyme leaves picked from stems. Form 4 long patties.
2. Heat a drizzle of oil in a pan over high heat, then add the kofte and fry for 10 mins, 5 each side. Remove to a paper towel lined plate.

Cous Cous Salad

3. Boil 1 c. of water and add the couscous. Cover and allow to sit.
4. Dice half the onion and set aside. Halve the tomatoes and set aside. Dice the chili pepper and mince the mint and set aside. Halve the cucumber, and scoop out the seeds of one half, and grate one half.
5. In a large bowl, fluff the cous cous with a fork, and add the vegetables and half of the mint. Season with salt and pepper.
6. Mix together yogurt, remaining mint, and lemon juice, then serve over lettuce wedges.