

Mediterranean Vegetables & Chicken Kofta Kebabs

Serves 8

Popular in Middle Eastern and Indian cooking, a kofta is a savoury ball of spiced minced meat or vegetables, grilled and traditionally eaten inside pitta bread pockets together with a yogurt and fresh herb dip and vegetable salads. This recipe will make enough to fill 4 pitta pockets.

Preparation time: 35 minutes

Cooking time: 8 minutes

INGREDIENTS

16 x 20cm metal skewers

Kofta kebabs

500g minced chicken (a mix of breast and thigh is good)

25g day-old breadcrumbs, soaked in 2 tablespoons water, to soften

Salt and black pepper

1 garlic clove, crushed

1 teaspoon light cooking olive oil

2 spring onions, finely sliced

1 chopped red chilli

½ teaspoon ground cumin

½ teaspoon ground coriander

¼ teaspoon turmeric

1 tablespoon chopped fresh mint

1 tablespoon chopped parsley

1 tablespoon chopped coriander

35g chopped pistachio nuts

Vegetable kebabs

8 whole red vine cherry tomatoes

8 whole yellow vine cherry tomatoes

1 red pepper, cut into 8 small pieces

1 yellow pepper, cut into 8 small pieces

1 each small green and yellow courgette, each cut into 8, 1cm thick slices

2 small red onions, each cut into 8 small wedges

2 tablespoons cooking olive oil or rapeseed oil

Cacik salad

200g piece cucumber, seeded and finely diced

250 Greek style natural yogurt

1 garlic clove, crushed

The leaves from ½ small bunch fresh mint, finely shredded

To serve

8 wholemeal pitta breads

1 little gem lettuce, shredded

15g coriander

½ lemon

Aleppo pepper flakes

METHOD

Perfect for this is: 30cm Signature Shallow Rectangular Grill

1. For the kofta kebabs, put all the ingredients into a mixing bowl with 1/2 teaspoon of salt and some pepper and mix together well with your hands. Divide the mixture into 8 evenly sized pieces and shape into short stumpy sausages and place onto eight thin 20cm metal skewers.
2. For the vegetable kebabs, put all the prepared vegetables into a bowl with one tablespoon of olive oil and some seasoning and toss together well. Thread the vegetables alternately onto another eight 20cm skewers.
3. For the cacik salad, simply mix the ingredients together in a bowl and season to taste. Spoon into Stoneware Petite Casseroles to serve.
4. Heat the grill dry over a medium heat for a few minutes until hot. Once hot, lightly oil it with a basting brush. Lay the 4 chicken and four vegetable skewers side by side on the grill and cook for about 8 minutes, turning every 2-3 minutes until cooked through and nicely browned. Keep warm while you repeat with the rest.
5. To serve, shred the gem lettuce, chop the coriander and season all with lemon juice, salt and pepper. Lightly toast the pitta breads and slit them open along one side to make a pocket. Take care of the steam. Fill each one with some of the gem lettuce. Lay one kofta kebab and one vegetable kebab inside each pocket and slide out the skewers. Spoon in some of the cacik salad, sprinkle on Aleppo pepper and serve straight away.