

Vegetarian Kofta with Pistachio Crust, Yogurt Sauce and Salad Wrap - Essential Oils



The smell of Middle Eastern spices while this is cooking is totally intoxicating!! Try this vegetarian version of Lamb Kofta recipe and you will be addicted! Traditionally cooked over charcoal, brilliant on the BBQ, but I usually cook these in the oven.

Servings: 4 - 5
Prep Time: 15 minutes
Cook Time: 15 minutes
Storage: 5 days in refrigerator
Freeze: 3 months
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Ingredients

Kofta

- 1 lb. plant rich meat / I use Beyond Burger or Impossible Burger
- ½ onion, grated
- ¼ cup breadcrumbs, I use GF
- 2 cloves garlic, minced
- 2 TBSP fresh cilantro (coriander), chopped
- 1 cup shelled pistachio nuts

Spices

- 2 teaspoon cumin
- 2 teaspoon coriander, ground
- 2 teaspoon paprika
- 4 drops oregano essential oil or 2 teaspoon oregano
- 1.5 teaspoon ground cinnamon
- Pinch cayenne pepper, optional
- 1.5 teaspoon salt
- ½ teaspoon black pepper

Yogurt Sauce

- 1 cup yogurt
- 1 TBSP extra virgin olive oil
- 1 clove garlic, *minced*
- 1 teaspoon cumin
- 2 drops lemon essential oil or 1.5 TBSP lemon juice
- ¼ teaspoon salt and pepper, *each*

To Serve

- A few handfuls mixed salad leaves, such as romaine, endive and arugula, washed, spun dry and shredded
- 1 carrot, peeled and grated
- 1 apple, cored and matchstick cut
- 1 small beet, raw – peeled and grated
- A small bunch fresh mint, chopped

- ½ red onion, peeled and very finely sliced
- 1 lemon
- ½ bunch of fresh flat-leaf parsley or cilantro, chopped
- Extra-virgin olive oil
- 4 large flatbreads or tortilla wraps

Instructions

Yogurt Sauce:

Combine the yogurt sauce ingredients and leave in fridge for at least 20 minutes for the flavor to develop (overnight even better!).

Koftas:

Grate the onion into the bowl using a standard box grater. Add remaining Kofta ingredients, except pistachios, and mix well with your hands.

With damp hands, divide the meat into 8 equal pieces and push and shape the meat onto 8 skewers. Make them smooth (looks nicer, pictured!) or a bit nubby (more surface area to brown!). Roll each in pistachio mixture and place on parchment lined baking sheet.

Cooking

Stove:

Preheat 1/2 tbsp oil in a large skillet over medium high heat. Cook in batches for 5 minutes in total, turning to brown evenly all over.

BBQ:

BBQ on medium high for about 6 minutes, rotating to brown all over.

Broiler/oven grill:

preheat oven to 350° and cook koftas on parchment lined baking sheet for 12 minutes, rotating as needed until lightly browned (you won't get as good a browning as stove/BBQ).

To Serve

Salad for stuffing - Mix all salad ingredients together which are on theme. The fresh mint flavor goes beautifully here.

Serve kofta's with flatbread or tortilla, yogurt sauce, and salad.

Other options are:

- Shredded iceberg lettuce (or just handfuls of leafy greens) with slices of tomato and some fresh coriander/cilantro, parsley or mint.
- Tabbouleh

More options:

- Middle Eastern Lentil Rice Pilaf (Mejadra)
- Middle Eastern Chickpea Salad with Cucumber and Tomato
- Hummus instead of / in addition to yogurt sauce
- Add a side of juicy marinated Roasted Vegetables - extra amazing to stuff into pitas with the koftas

Adapted *Jaime Oliver recipe*

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