

I don?t often frequent the local Co-Op in the evening, but it?s probably worth sticking my head in a little more often. This Lamb mince was supposed to be £4.70 a pack, which I simply wouldn?t pay. But at £1.66 a pack it made the foundation for a real treat for us.

Ingredients for the Mayo Dressing:-

Mayonnaise
2 Cloves of Garlic, minced
2 tsp of Whole Grain Mustard
A Squeeze of Lemon juice.

Method:-

(1) Mix well.
(2) Set aside.

Ingredients for the Kofta:-

500g of Lamb Mince
1 Onion, finely chopped
2 Cloves of Garlic, minced
1 Tsp of Dried Ginger
1 Tsp of Chilli Flakes
1 Tsp Pepper Corns
1 Tsp Cumin powder

1 Tsp Coriander Powder
Juice of ½ a Lemon
1 Tsp Turmeric Powder
Salt
Oil

Salad leaves to dress.

Method:-

(1) In a Pestle & Mortar grind the dry ingredients.
(2) In a large bowel combine the chopped Onion and minced Garlic, minced Lamb, Oil and dried ingredients.
(3) Form into four Koftas around skewers.
(4) Grill on a medium heat turning regularly until cooked through and browned on all sides.
(5) Dress the inside of the wraps (Gluten free in our case) with a coating of the Mayo Dressing.
(6) Add a layer of salad leaves.
(7) Remove the Kofta from the skewer and place in the centre leaving space at one end to fold.
(8) Fold the end in and then wrap tightly.
(9) Cut diagonally and serve.

We had Cajun Potato wedges with ours, the remain salad mix and the Mayo dressing to dip. Who needs a take away in a cold damp archway on the way home?!