

# Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



## Lamb Koftas with a Lentil and Tomato Dhal

### Ingredients Serves 4

#### Koftas

1 small onion, finely chopped  
1 garlic clove, crushed  
3cm piece of fresh ginger, grated  
1 tsp curry powder  
400g lean mince

1 garlic clove, finely chopped  
3cm piece of ginger, grated  
½ tsp turmeric  
200g red lentils, washed and drained  
400 can, chopped tomatoes  
800 ml vegetable or chicken stock (hot)  
1 tbsp garam masala  
¼ tsp salt  
100g spinach (baby)

#### Dhal

1 tbsp sunflower oil  
1 onion, chopped

#### Method

Mix all the kofta ingredients in a bowl. Mould tablespoons around the end of 12 metal or wooden skewers. If wooden soak in water first to prevent burning. Or shape the mix into meat balls. Chill for 30 minutes to chill and firm up.

For the dhal – heat the oil in a pan over a medium heat. Add the onion and cook for 5 minutes, until soft. Stir in the garlic and ginger and cook for 1 minute. Add the turmeric and lentils and stir well. Pour in half the stock, bring to the boil and simmer for 5 minutes. Stir in the can of chopped tomatoes, add the remaining stock, cover and simmer for 10 minutes, until the lentils are tender.

Meanwhile heat the griddle pan and cook the koftas for 8-10 minutes, turning until cooked. Keep warm.

Add the garam masala, salt and spinach to the dhal and stir until the spinach wilts. Serve with the koftas and mango chutney.

#### For a vegetarian option.

Replace the koftas with haloumi cheese marinated for 10 minutes in grated ginger and curry powder. Grill until golden. Serve with the dhal.

#### Nutritional content per person

Kcal 484  
Fat 19.1g  
Protein 40.8g  
Carbs 42.5g