



### **Mushroom lamb kofta**

Serves: 4

cooking time: 20 minutes

1 tbs olive oil  
300g cup mushrooms, finely chopped  
3/4 cup flat leaf parsley leaves  
1 small red onion, chopped  
2 garlic cloves, chopped  
1 tsp ground coriander  
1 tsp ground cumin  
1/4 tsp ground cinnamon  
400g lamb mince  
Olive oil cooking spray  
Warm naan bread, yoghurt and tabouli, to serve

**1** Heat a large non-stick frying pan over high heat until hot. Add oil and mushrooms and cook, stirring often, for 5 minutes or until mushrooms tender. Remove from heat. Set aside for 10 minutes. Drain excess liquid.

**2** Combine parsley, onion, garlic and spices in a food processor. Process until finely chopped. Add the mushrooms and mince, use the pulse button to process until well combined. Season with salt and pepper.

**3** Use wet hands to mould heaped tablespoons of mixture around eight metal skewers, squeezing the mixture tightly. Place on a tray. Cover and refrigerate 30 minutes if time permits.

**4** Preheat barbecue plate on medium-high. Spray the skewers with oil, turning to coat all sides. Barbecue for 10—15 minutes or until just cooked through. Serve with warm naan bread, yoghurt and tabouli.

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