

Beef Koftas with Brown Rice and Saffron Yogurt



Serves	8
Prep time	20 minutes
Cook time	8 minutes
Total time	28 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Amines Challenge , Gluten Free , RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical
Meal type	Lunch , Lunch Box , Main Dish
Misc	Child Friendly , Freezable , Pre-preparable , Serve Cold , Serve Hot

Ingredients

- 500g beef mince
- 1/2 Large leek (roughly chopped)
- 1/4 cup chives (roughly chopped)
- 1 tablespoon pear sauce
- Salt (to season)
- 8 skewers
- Rice bran oil (for cooking)

To serve:

- Saffron yogurt (Refer to recipe)
- Brown rice

Directions

1. If using wooden skewers, soak them in water for about 6 hours before cooking, or as long as you have time for. This helps to stop them from burning.
2. Preheat the grill to medium-high heat. Line a baking tray with foil.
3. Process the leek and chives in a food processor until finely chopped. Add the mince, pear sauce and salt to season then process until the mixture is like a thick paste.
4. Divide the mixture into 8 portions. Take a portion of the mixture, and use your hands to form the meat around each skewer into a sausage-like shape. Place on the prepared tray and prepare the remaining koftas.
5. Brush the koftas with a bit of oil and place under the grill for 5 - 8 minutes, turning so it cooks on all sides, until just cooked through.
6. Serve on a bed of brown rice with saffron yogurt.

Note

Low Chemical / Failsafe, Amines (from the yogurt)

Left over koftas can be eaten cold, sliced in sandwiches or wraps.

Refer to the recipe for [saffron yogurt](#).