

# Lamb & Vegetable Koftas

**Dietary:** NF, GF, DF  
**Allergens:** Eggs  
**Age group:** 8 months+

**Serves:** 8  
**Prep:** 15 mins  
**Cook:** 15-25 mins

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# Lamb & Vegetable Koftas

## Equipment

High-speed food processor

## Ingredients

- 1 leek (150g), rinsed
- 1 medium-sized carrot (130g), peeled
- 2 Medjool dates (30g), pitted
- 1 garlic clove (10g), peeled
- 1 egg
- 560g minced lamb
- ½ tsp (1g) ground cinnamon
- 1/4 tsp (0.5g) ground cumin
  
- Extra virgin olive oil, for frying

## Method

1. Place leek, carrot, dates, garlic and egg in a food processor and blend until smooth.
2. In a big bowl combine minced lamb with spices and processed vegetables.
3. Using your hands, shape the mixture into mini kofta shapes.
4. Heat oil in a medium size frying pan and cook koftas in batches for 3-5 mins on each side or until cooked through. Alternatively, place them onto a baking tray lined with baking paper and bake for 25 mins at 180°C.

**Serving suggestion:** Serve with couscous, tzatziki and a side of seasonal vegetables.

**Storing Leftovers:** Store in an airtight container in the fridge for up to 3 days or freeze leftover sauce for up to 4 months.

## Tips

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- ✓ **Allergies:** For an egg-free version: Leave out the egg.
- ✓ **Prep tips:** Instead of shaping the koftas into long shapes, press the mince mixture into a baking dish and bake as a kofta meatloaf.
- ✓ **Easy ingredient swaps:** Replace the lamb mince with beef mince.
- ✓ **Additional boosters:** Add 2 cups of spinach to the vegetables in the food processor and blend.
- ✓ **Baby-friendly version:** Serve mashed or cut into finger food-sized pieces.
- ✓ **For selective eaters:** Involve children in shaping the koftas.