

LighterLife Management

Week 1 Recipes:

Tender beef koftas

You can prep a whole batch of these tasty little meatballs in advance – they'll keep in the fridge for a couple of days before cooking, or alternatively freeze them for future use.

Serves: 1

Nutrition per serving:

219 kcal, 34g protein, 3g carbs, 7g fat, 1g fibre

Ingredients:

- 150g lean beef mince
- 1 garlic clove, crushed
- ½ tsp cumin
- ½ tsp paprika
- Small bunch fresh thyme

Method:

1. Mix all the ingredients together, then shape into small balls (koftas) with your hands.
2. Grill the koftas under a medium-hot grill for 8-10 minutes, turning when browned on each side.

Tips:

- Koftas are also traditionally made with minced lamb, pork and chicken, so feel free to experiment – just make sure you buy the leanest mince possible.