



Adam Gray's Briased Lamb Bellies

INGREDIENTS

The kofta

800g Minced lamb

150g Red onion - finely chopped

2 Large cloves of garlic – finely chopped

30g Curly parsley - finely chopped

1 Red chilli - deseeded and finely chopped

1½ tsp Ground cinnamon

1½ tsp Ground mixed spice

¾ tsp Ground nutmeg

1½ tsp ground black pepper

1½ tsp salt

Minted Cucumber

2 Cucumbers

½ Bunch of fresh mint – leaves removed from the stems

50g Low fat natural yoghurt

50g British rapeseed oil

METHOD

For the kofta:

Place all the ingredients in a large bowl and thoroughly mix with your hands.

Weigh the lamb mixture into 120g pieces and shape into torpedo shapes and chill.

Skewer each lamb torpedo with a bamboo stick and chill until needed.

Cook on a hot barbecue or griddle pan.

For the minted cucumber:

Peel the cucumber into fine strips with a peeler and place in a bowl. Discard the middle seeded part.

Finely chop the mint leaves and mix with the natural yoghurt and the rapeseed oil

Season the yoghurt mixture with salt and pepper.

Coat the cucumber strips in the minted yoghurt
