

## KOFTA SPICE BLEND 30g



Price: \$5.80

**SKU:** SKU3666-2

**Product Categories:** [Blends with Garlic](#), [Curries](#), [Herbs & Spices](#), [Salt Free Blends](#), [Spice & Herb Blends](#), [Sugar Free Blends](#), [Vegan](#)

**Product Tags:** [felafel](#), [Herbies Favourites](#), [k](#), [kofta](#)

**Product Page:**

<https://www.herbies.com.au/shop/herbs-and-spices/spice-herb-blends/kofta>

### Product Summary

A FAMILY FRIENDLY SPICE BLEND TO MAKE KOFTA & FALAFEL (SML PKT)

### Product Description

## A FAMILY FRIENDLY SPICE BLEND TO MAKE KOFTA & FALAFEL (SML PKT)

**Ingredients:** Aleppo pepper, sumac, cumin, urfa biber, coriander seed, garlic, spearmint, cloves.

Blended and packed in Australia from imported and local ingredients.

Nutritional Information: (spice mix only)

Per 100g

Energy (kj)

1340

Protein (g)

12.9

Fat (g) Total

11.7

Fat (g) Saturated

1.6

Carbohydrate (g)

44.3

Sugars (g)

8.8

Sodium (mg)

2410

KOFTA

**Ingredients:** - 250g each lamb & beef mince - 1/4 cup pine nuts - 2 cloves garlic - 1/4 red capsicum - 1/2 onion - 1 Tbs Kofta spice mix - 2 Tbs each coriander & mint leaves - Hummus, lime, flatbreads, to serve **Method:** - Pre-soak 8 bamboo skewers - Toast pine nuts in dry pan, remove and set aside - Blitz onion, garlic and capsicum to a rough paste - Add Kofta spice mix, pine nuts and meat, and process until fairly smooth - Divide mixture into 8 and make each eighth into a sausage - Refrigerate until firm, skewer each Kofta - Cook on barbecue or griddle approx 10 minutes. **EASY FALAFEL Ingredients:** - 1 1/2 cups dried uncooked chickpeas - 1 onion - 2 cloves garlic - 3 tsp salt - 1 Tab Kofta spice blend - Juice of 1 lemon - 1 packed cup each fresh parsley and coriander **Method:** - Soak chickpeas overnight, drain. - Blitz all ingredients, then make into patties 5cm diameter, 3-4cm thick. - Heat vegetable oil to 2cm deep in frying pan - When small bubbles appear, cook falafel 3-4 mins each side until golden

Drain on paper towel.

Makes approx 18 falafel.

## Product Attributes

- Dimensions: N/A
- Weight: 0.06 kg