

BEEF KOFTAS

There is something very popular about food on a stick and it conjures such fond memories when once a year, the local show would roll into town with all sorts of goodies on a stick – toffee apples, fairy floss, Dagwood dogs and cupid dolls ... We LOVED them all.

EASY | 10 MINS | 20 MINS | 4

Ingredients

- 1/2 cup crunchy peanut butter
- 2 tsp. curry powder
- 1 egg
- 500g lean beef mince

Instructions

1. Place all ingredients in a large bowl and season with sea salt and cracked pepper.
2. Mix well to combine and then using clean damp hands, mold a heaped tablespoonful of beef around a wooden skewer into a 7cm long sausage.
3. Repeat with remaining beef mixture and skewers.
4. BBQ or grill, turning to brown evenly until cooked through, 6 to 7 minutes.

Tip: Serving Suggestion: For a delicious family dinner, serve these alongside a simple salad of lettuce, cherry tomatoes and cucumber and Salted Pita Wedges. Preheat oven 180C. Line a baking tray with baking paper. Cut the pita rounds into wedges. Lay each onto prepared tray. Lightly spray each side with Comm. Co EVOO. Sprinkle both sides with sea salt. Bake for 12 to 15 minutes until they are golden brown and crisp.