



FALAFEL KOFTAS WITH RAITA SAUCE

-  **Prep:** 10 minutes
-  **Cook:** 10-15 minutes
-  **Serves:** 2 or 4 as a starter

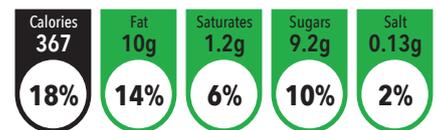
INGREDIENTS:

- 400g can chick peas
- ½ tbsp olive oil
- 1 red pepper, diced (180g)
- 1 tsp cumin seeds
- ½ tsp **LoSalt**
- 2 tbsp plain flour (12g)
- 150g cucumber, coarsely grated
- 75g fat free natural yogurt
- 1 sprig mint, leaves shredded
- 100g mixed leaf salad
- 8 wooden satay sticks or skewers

METHOD:

- 1.** Drain and rinse the chick peas and pat dry on kitchen paper. Place in a food processor.
- 2.** Heat the oil in a frying pan and fry the pepper and cumin for 3-4 minutes and add to the food processor along with the **LoSalt** and flour, season with black pepper. Blitz to a coarse paste.
- 3.** Divide the paste into 8 and mould into a sausage shape approx. 8cm long, thread onto wooden satay sticks or metal skewers. Place on a greased foil lined baking tray. Place under a preheated grill for 5 minutes, turn over and grill for a further 5 minutes.
- 4.** Meanwhile, mix together the cucumber, yogurt and mint. Serve the koftas with the salad and raita sauce.

Each serving contains



of your guideline daily amount

COOKS TIP:

Great served in toasted pittas with salad. Try shaping into rounds and fry instead of serving on skewers.