

Kofta lollypops

Ingredients

2 carrots
2 celery sticks
200g beef or lamb mince
1 clove garlic, crushed/chopped
1 teaspoons ground cumin
½ red chilli (chopped) or ½ teaspoon chilli flakes
1 teaspoon mint sauce, if you have it

Equipment

Chopping board, knife, spoons, bowl, baking dish.

Method

1. Pre-heat the oven to 200°C or gas mark 6.
2. Cut the vegetables into 12 x 10cm sticks – set side.
3. Mix the mince, garlic, cumin, chilli and mint sauce together.
4. Divide the mixture into 12.
5. Wrap and shape the mixture around the end of a vegetable stick.
6. Place into a baking dish.
7. Repeat step 5, using up all the mixture and sticks.
8. Cook for 15-20 minutes, until no pink remains and the meat juices run clear.

Top tips

- Serve with some rice or couscous, and a salad.
- Add a dip – try mixing plain yogurt and mint sauce!
- Be creative – try different mince, herbs, spices and veggie sticks.