



# KOFTA WITH TAHINI SAUCE

Popular Levantine Dish

**Nutrition Facts Per Serving:** Calories 1382, Protein 55g, Carbs 73g, Fat 95g

Cooking process and additional ingredients added at home will affect the total value.

**Preparation Time:** 15 min, **Cooking Time:** 50-60 min



## INGREDIENTS

Kofta Mix [lamb, beef, onion,  
garlic, salt & spices]

Potato

Pine Nuts

Tahini

Lemon Juice

Vegetable Oil

Salt

# METHOD

*Original recipe calls for deep frying the potatoes. This provides authentic taste, However, it requires additional amount of oil (not provided) & will increase the calories count. We are providing two alternatives; oven baking & air frying so feel free to use any of the three options.*

1. Preheat oven to 180°C.
2. Use 1 teaspoon of oil to grease a suitable baking dish. Spread meat mixture to an even thickness of about ½ cm. Meat mixture must come to the sides of the dish & must be even thickness. Bake meat loaf in pre-heated oven for about 40 minute or until most (but not all) liquid is evaporated.
3. Wash & peel potato, place in slightly salted water for 5 min. Drain well & slice the potatoes evenly into long strips or rings about ½ centimeter thickness.
4. Dry potato very well using kitchen towel. Place them in a large bowl, add vegetable oil (1/2/3 TBS for 2/4/6 persons) & ½ tsp salt, mix until they are all coated.
5. Two options for cooking potato:
  - **Oven cooked potato:** You can bake potatoes while the meat loaf is cooking. Lay the potatoes slices flat on baking tray lined with parchment paper in a single layer without overlapping. Place the tray on the middle rack in the hot oven & bake for 10-15 min, or until bottom is golden. Turn on the other side & continue baking for another 10-15 min until lightly caramelized on the other side & tender in middle. Take out & set aside.
  - **Air fried potato:** Check your fryer cooking instructions. We recommend to check & shake basket every 7 min or so. Avoid over cooking.
6. Meanwhile roast the pine nuts in some oil until light golden. Drain & set aside.
7. Place tahini in a large bowl or container, add 2 tablespoons of ice-cold water & whisk, keep adding water & whisking until tahini thickens to a brighter homogeneous paste.
8. Add about 2 TBS lemon juice & ½ tsp salt to the tahini mix and whisk. Dilute with enough water to get cooking cream consistency. Adjust lemon and salt to taste.
9. Remove meat from heat, spread the tahini sauce evenly on top of meat loaf, add half of the cooked potatoes & return to oven.
10. Bake for 5-10 min more but do not burn or allow all liquid to evaporate. Remove from oven, sprinkle the pine nuts. Serve hot with more cooked potatoes & salad on the side.