


## Turkey Koftas with Moroccan Fruit Cous Cous

Serves 10

Ingredients	
575g minced turkey	100g finely chopped dried apricots
1 medium (110g) onion peeled and finely chopped	50g chopped raisins
1tsp (5g) ground allspice	50ml olive oil
1 tsp (5g) dried chopped mint	Juice of 2 whole lemons
1 egg beaten	10 metal skewers for kebabs
500g couscous	

- METHOD:
  - Put the turkey mince into a large bowl, add the onion and spices and the beaten egg. Mix very thoroughly.
  - Divide the Kofta mixture into 10 and shape each into a sausage around a skewer.
  - Arrange the skewers on an oven proof dish or grill pan and cook in a hot oven or under a hot grill for 12-15 minutes until browned all over.
  - Prepare the couscous according to the pack instructions. Add the finely chopped apricots and raisins.
  - Mix the olive oil and juice of two lemons together, add to the fruit couscous mix
  - To serve, remove the skewers from the Koftas and serve with a tablespoon of the fruit couscous.
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- ✓ COOKS TIP – FOR PUREE DIETS USE A PREVIOUSLY PREPARED FROZEN VEGETABLE PUREE
  - ✓ FOR VEGETARIAN DIETS, USE VEGGIE MINCE
  - ✓ FOR EGG FREE DIETS, OMIT EGG – COOK'S TIP – MASH TURKEY MIX A LITTLE FINER TO ENSURE BINDING
  - ✓ FOR WHEAT FREE DIETS OMIT COUS COUS AND REPLACE WITH BOILED RICE

### Nutrition analysis per serving

Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
264	17.4	6.8	35.3	8.7	1.1	3.4	38