

Turkey Koftas with tomato and vegetable rice

Serves 10

Ingredients	
575g turkey mince	2 cloves (12g) garlic, finely chopped
100g onion, chopped	15ml sunflower oil
1 tsp (5g) ground all spice	225g long grain rice
1tsp (5g) dried mint	225g canned chopped tomatoes
1 egg, beaten	400g frozen mixed vegetables
10 skewers	

- Method:
- First, prepare the tomato rice. Heat the oil in a pan and add the garlic, fry for 1 minute. Add the rice and stir over the heat for 1 minute until glossy.
- Add the tomatoes plus 1 can full of water. Bring to the boil, cover and simmer for 10 minutes.
- 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 a round a skewer.
- Add the mixed vegetables to the rice and return to the heat.
- 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.
- To serve, remove the skewers from the Koftas and serve with a table spoon of the tomato and vegetable rice.



- ✓ **COOK'S TIP: PREPARE EXTRA MIXED VEGETABLES TO MAKE A PUREE FOR WEANING BABIES**
- ✓ **FOR VEGETARIAN DIETS USE VEGGIE MINCE**

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
190	18	3	24	0	0.3	0.9	36