

# Goat koftas with a yoghurt, mint and lime dressing

## Ingredients

### For the koftas

5 tbsp olive oil  
1 small onion, finely chopped  
300g/10½oz minced goat  
2 garlic cloves, chopped  
handful of mint, chopped  
handful of parsley, chopped  
25g/1oz toasted pine nuts  
1 tsp ground cinnamon  
1 tsp cumin  
pinch freshly grated nutmeg

### For the dressing

½ cucumber, peeled and diced  
2 tbsp chopped fresh mint  
300g/10½oz yoghurt  
2 limes, juice only  
salt and freshly ground black pepper

### To serve

4 white pitta breads, warmed  
400g/14oz feta cheese or halloumi, broken into pieces

## Method

1. Heat a small frying pan and add 1 tablespoon of oil. Once hot add the onion and cook until soft. Place all the kofta ingredients, apart from the oil, into a bowl and mix thoroughly. Shape into sausage shapes.
2. Heat a heavy flat griddle pan. Oil the koftas with the remaining oil and cook on the griddle for 6-7 minutes turning around constantly so they cook evenly.
3. Mix all the dressing ingredients in a bowl and season to taste with salt and pepper.
4. To serve, stuff the pitta bread with the cooked koftas, dressing and cheese and enjoy warm.

Preparation time

**less than 30 mins**

Cooking time

**less than 10 mins**

Serves

**Serves 4**

This speedy kofta recipe is packed with flavour and would make a great alternative to homemade burgers. Try it with lamb instead of goat meat if you prefer.

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