

# Turkish Lamb Kofta Kebabs

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-lamb-kofta-recipe>

## Ingredients:

- 1 pound lamb mince ground lamb, or substitute with beef
- 1 small onion grated or minced using a food processor - about 1/4 cup, white, brown or yellow, Note 1
- 1 garlic clove minced
- 1/4 cup pistachio nuts ground, Optional. I use my food processor, Note 2
- 1 1/2 teaspoons salt table salt, not flakes, use 2 1/2 tsp if using kosher or sea salt flakes
- 1 teaspoon black pepper
- 1 tablespoon cumin powder
- 1 tablespoon red pepper flakes
- 1 tablespoon olive oil
- 3/4 cup yoghurt plain, I use Greek
- 1 tablespoon lemon juice
- 1/2 garlic clove minced
- salt
- pepper
- pita bread
- flat bread
- lettuce leaves choice
- sliced tomato
- red onion Sliced

## Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 85 milligrams
4. Fat: 35 grams
5. Fiber: 4 grams
6. Protein: 25 grams
7. SaturatedFat: 13 grams

8. Sodium: 1300 milligrams
  9. Sugar: 4 grams
- 

Thank you for visiting our website. Hope you enjoy Turkish Lamb Kofta Kebabs above. You can see more 15 turkish lamb kofte recipe Discover culinary perfection! to get more great cooking ideas.