

Kofta Kebab

Yield: 10 min
Total Time: 28 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-kofta-kebab-recipe>

Ingredients:

- 1 yellow onion medium, quartered
- 2 garlic cloves
- 1 whole parsley bunch, stems removed, about 2 packed cups parsley leaves
- 1 pound ground beef
- 1/2 pound ground lamb
- 1 slice bread toasted until browned and soaked in water until fully tender
- salt
- pepper
- 1 1/2 teaspoons ground allspice
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon green cardamom ground
- 1/2 teaspoon ground sumac
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon paprika
- pita bread to serve
- sauce Tahini
- tomatoes wedges
- onions wedges
- parsley More

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 50 milligrams
4. Fat: 13 grams
5. Fiber: 2 grams
6. Protein: 14 grams
7. SaturatedFat: 5 grams
8. Sodium: 220 milligrams

9. Sugar: 2 grams

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