

Healthy Lamb Koftas with Cucumber Raita

Hands-on 15 minutes Overall 20 minutes

Nutritional values (per serving): Total carbs: 6.3 g, Fiber: 1.3 g, **Net carbs: 5.1 g**,

Protein: 27.9 g, Fat: 32.6 g, Calories: 428 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 4 servings)

Lamb Koftas:

- 500 g minced (ground) lamb (1.1 lb)
- 1 garlic clove, minced
- 1/2 medium yellow onion, diced (50 g/ 1.8 oz)
- 1 tsp dried oregano
- 2 tbsp chopped fresh parsley
- 1/2 tsp sea salt
- 1/4 tsp ground black pepper
- 1 tbsp extra virgin olive oil (15 ml)

Cucumber Raita:

- 1 pack full-fat 5% Greek yoghurt (250 g/ 8.8 oz)
- 1 large fresh cucumber (300 g/ 10.6 oz)
- 2 tbsp chopped fresh mint
- 1/4 tsp sea salt
- 1/4 tsp ground cumin
- 1/4 tsp ground coriander
- 1 tbsp fresh lemon juice (15 ml)

Instructions

1. Place your skewers in cold water for half an hour prior to starting (ideally leave them to soak for at least 30 minutes). Alternatively, you can use stainless steel skewers that don't require soaking.
2. Add minced lamb, diced onions, chopped garlic, finely chopped parsley and the herbs and seasonings into a large mixing bowl. Retain the olive oil.
3. Mix well with your hands until thoroughly combined.
4. Portion out into eight portions and place each one around a skewer. You need to gently squeeze and press your mixture around the skewer until you're happy with the result. If your skewers will fit in a

pan, heat it on the stove top. Mine were too big so I cooked them on our barbeque instead.

5. Brush the surface with the retained olive oil before placing the koftas onto the hot pan.
6. Cook, turning so that all sides get nicely browned, for about 10 minutes or until they are nicely done. Meanwhile, as the koftas cook you can make up the raita.
7. Grate your cucumbers or cut them into ribbons with a vegetable peeler, leaving the skin on. Combine the yoghurt, herbs and spices and the lemon juice in a small bowl and mix well. Add the cucumber to the yoghurt mixture and toss until evenly coated.
8. Serve the koftas with lashings of the cucumber raita for a delicious, easy meal.
9. Store the koftas in the refrigerator, covered for 4 days. Store the Raita in a sealed container for up to 5 days.

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