

Beef Kefta with Tomato & Feta Couscous

Serves 4

Preparation Time: 20 mins

Cooking Time: 30 mins

An ideal light lunch, especially appreciated after the heavy Christmas feasting.

Ingredients

- ❖ 450g (1lb) minced [ground] beef
- ❖ 4 garlic cloves, crushed
- ❖ 1 brown onion, grated
- ❖ 15ml (1 tbsp) finely chopped red chili
- ❖ 15ml (1 tbsp) ground turmeric
- ❖ 30ml (2 tbsp) sweet paprika
- ❖ 5ml (1 tsp) ground black pepper
- ❖ 15ml (1 tbsp) ground coriander
- ❖ 15ml (1 tbsp) ground cumin
- ❖ juice of ½ lemon
- ❖ 150g (5 oz) couscous
- ❖ 200ml (7 oz) vegetable stock
- ❖ 2 tomatoes, chopped
- ❖ 100g (3 oz) feta cheese, crumbled
- ❖ fresh cilantro

Directions

1. Place the beef, garlic, onion, chili, spices and lemon juice into a bowl. Use your hands to mix together until well combined. Form into sausage shapes or meatballs, or wrap around skewers.
2. Grill, barbecue or pan fry the Kefta, being careful not to overcook (the time required will depend on how thick your sausages or how round the meatballs are).
3. Meanwhile, place the couscous in a heatproof bowl. Pour the stock over, cover and leave to stand for 10 minutes.
4. Fluff up the couscous with a fork and stir in the tomatoes, feta cheese and cilantro.
5. Serve the meatballs on top of the prepared couscous.

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