



I don't often frequent the local Co-Op in the evening, but it's probably worth sticking my head in a little more often. This Lamb mince was supposed to be £4.70 a pack, which I simply wouldn't pay. But at £1.66 a pack it made the foundation for a real treat for us.

Ingredients for the Mayo Dressing:-

Mayonnaise

2 Cloves of Garlic, minced

2 tsp of Whole Grain Mustard

A Squeeze of Lemon juice.

Method:-

(1) Mix well.

(2) Set aside.

Ingredients for the Kofta:-

500g of Lamb Mince

1 Onion, finely chopped

2 Cloves of Garlic, minced

1 Tsp of Dried Ginger

1 Tsp of Chilli Flakes

1 Tsp Pepper Corns

1 Tsp Cumin powder

1 Tsp Coriander Powder
Juice of ½ a Lemon
1 Tsp Turmeric Powder
Salt
Oil

Salad leaves to dress.

Method:-

- (1) In a Pestle & Mortar grind the dry ingredients.
- (2) In a large bowl combine the chopped Onion and minced Garlic, minced Lamb, Oil and dried ingredients.
- (3) Form into four Koftas around skewers.
- (4) Grill on a medium heat turning regularly until cooked through and browned on all sides.
- (5) Dress the inside of the wraps (Gluten free in our case) with a coating of the Mayo Dressing.
- (6) Add a layer of salad leaves.
- (7) Remove the Kofta from the skewer and place in the centre leaving space at one end to fold.
- (8) Fold the end in and then wrap tightly.
- (9) Cut diagonally and serve.

**We had Cajun Potato wedges with ours, the remain salad mix and the Mayo dressing to dip.
Who needs a take away in a cold damp archway on the way home?!**