

LOV Food: Lupin and Kangaroo Kofta (Serves 2)

Kofta kebabs:

180g kangaroo mince
¼ large apple, grated
¼ cup lupin flakes
1 clove garlic, grated
1 TBS fennel seeds
Pinch of salt and pepper

1. Mix all ingredients together.
2. With damp hands, divide the meat into 8 balls and shape in the palm of your hand.
3. Over a medium heat, cook in frying pan until golden brown, 3 min each side.
4. Allow to rest for a few minutes under foil.



Damper:

¾ cup self raising flour
½ cup Greek yoghurt
1 sprig chopped rosemary
pinch of salt
4 TBS yoghurt (to smooth over damper when cooked)

1. In a bowl, mix all the ingredients together until a soft dough forms. Add extra flour if necessary.
2. Divide mixture into 4 small balls and flatten with hands.
3. Fry in an oiled pan on a medium heat until golden brown on both sides.

Salad:

1 small bunch mint
small handful of green leaves
3 TBS pomegranate seeds
½ lemon
olive oil
pinch of sumac
1 TBS toasted pumpkin seeds

1. Mix all the ingredients together in a bowl and dress the salad with a splash of olive oil and squeeze of lemon. Garnish the kebabs with the salad.
2. With the back of a tablespoon, smooth a dollop of yogurt onto each damper, place the kebabs and juices onto the damper and garnish with salad.
3. Drizzle over a dash of olive oil and sprinkle of sumac. Enjoy!