

Chicken Kofta Pitas

Enjoy many flavours in this recipe without being too spicy!

INGREDIENTS

Chicken Kofta

1 egg

¼ cup white breadcrumbs

2 tbsp water

500g ground chicken

1 tsp onion powder

2 tsp garlic powder

½ tsp dried parsley

1 ½ tsp ground cumin

½ tsp sweet paprika

½ tsp ground coriander

¼ tsp dried mint

1 lemon, zested

½ tsp ground black pepper

½ tsp salt

Mint Feta Sauce

⅓ cup plain yogurt (2% or higher)

1 tsp lemon juice

1 ½ tsp garlic powder

¼ tsp ground cumin

½ tsp dried mint

¼ tsp ground black pepper

¼ cup crumbled feta

8 wood skewers

4 pita bread

1 cup hummus

1 cup roasted red peppers

PREPARATION

1. In a large bowl, whisk together egg, breadcrumbs, and water. Set aside for 5 minutes.
2. After breadcrumbs are hydrated, add ground chicken and remaining kofta ingredients. Mix all ingredients by hand or with a spoon. Marinate in the refrigerator for about 10 minutes.
3. In a small bowl, prepare the sauce: whisk yogurt, lemon juice, garlic powder, cumin, mint, and black pepper together. Fold in crumbled feta. Taste, and adjust seasoning.
4. To make the kofta, first lightly grease your hands with a small amount of oil. Then, take a handful of the mixture and mold it around each skewer, dividing the meat among 8 skewers.
5. Preheat an outdoor grill on medium high heat. Place kofta kebabs on the hot, lightly oiled grill grates. Grill each side for about 4 minutes until the internal temperature of 165°F has been reached. If cooking indoors, use a grill pan on the stove to ensure even cooking.
6. Serve the kofta with mint feta sauce, roasted red peppers, hummus, and pita bread.

NUTRITION FACTS (PER SERVING: ¼ OF RECIPE)

Kcal: 578 / Protein (g): 34 / Fat (g): 24 / CHO (g): 58 / Fibre (g): 6 / Ca (mg): 203 / Fe (mg): 5 / Na (mg): 1,005