

Koftas in Tomato and Vegetable Sauce



Serves 4

Low Fat

Prep 15 mins

Cook 25 mins

Ingredients

450g pork mince
4 spring onions, chopped
1 slice wholemeal bread
1 egg, beaten
1/4 tsp ground cumin
Ground black pepper

For tomato sauce

2 tsp olive oil
1 medium onion, skinned & finely chopped
400g tin chopped tomatoes
1 tbsp lemon juice
2 tsp dried basil
Some freshly ground black pepper

1. Place all the ingredients except the tomato sauce in a food processor. Blend for about 2 minutes or until evenly mixed - if you don't have a processor, finely chop the onions, make the bread into crumbs and mix all the ingredients together in a bowl.
2. Form the mixture into 12 small sausage shapes. Heat the grill and cook for 12-15 mins, turning frequently. They should be browned evenly.
3. For the tomato and vegetable sauce, heat the oil in a saucepan and fry the onion for a few minutes. Add the tomatoes, lemon juice, basil and pepper. Bring to the boil, reduce the heat and simmer until the sauce thickens slightly.
4. Serve the sauce with the koftas with rice.