

# Lamb Kofta Stew with Cauliflower & Chickpeas



**Serves 2**   **Prep 30 mins**

**Cooking 45 mins**

**Easy**

## Ingredients

### For the sauce

2 tsp olive oil  
1 small onion, chopped  
400g can chopped tomatoes  
2 tsp tomato puree  
500ml hot lamb stock  
1/2 small cauliflower, broken into small florets  
1/2 400g can chickpeas (save the rest for the kofta balls)

### For the kofta balls

250g minced lamb  
1 small onion, finely chopped  
small pack parsley, finely chopped  
1/2 tsp ground cumin  
1/2 tsp paprika  
1/2 400g can chickpeas (drained & crushed)

1. First, make the sauce. Heat the oil in a large pan over a medium heat and fry the onion for around 10 mins until starting to soften and caramelize. Stir in the tomatoes and tomato purée and stir again. Season well and pour in 400ml of the stock. Cover and bring to the boil, then simmer over a very low heat while you make the kofta balls.
2. Add all the ingredients for the kofta balls to a large mixing bowl, and mix with your hands until all the ingredients are combined. Spoon out golf ball-sized pieces of the mixture, and roll into balls using your hands.
3. Give the sauce a good stir. Drop the kofta balls on top, then add the cauliflower florets and the rest of the chickpeas, pushing them just under the liquid. Simmer for 25-30 mins or until the kofta balls are tender, adding the remaining 100ml of stock, if necessary. Scatter over the parsley and serve.