

Turkey Koftes with Couscous



Serves 4 Prep 10 mins

Cooking 10 mins

Easy

Ingredients

For the koftes

450g turkey mince
1/2 onion, finely chopped
1 medium egg, beaten
1 tsp ground allspice
100g dried apricots, chopped
bunch parsley, chopped

For the yoghurt dip and couscous

150g plain thick yoghurt
juice of 2 lemons
300g couscous
450ml hot chicken stock
1 tsp ground cumin
1 cucumber, deseeded and finely chopped
3 tomatoes, roughly chopped

1. In a bowl, mix the mince, onion, egg, allspice, half of the chopped apricots a 1 tbsp chopped parsley. Season and shape into 8 koftes.
2. Preheat a large griddle pan. Brush the koftes with oil and fry for about 5 mins each side until cooked through.
3. In a small bowl, mix the yoghurt, 1 tbsp lemon juice with some seasoning. Set aside. In a medium bowl, mix the couscous, stock and cumin. Cover with cling film and leave to soak for 5 mins.
4. Mix the cucumber, tomatoes, remaining apricots, lemon juice & parsley into the couscous. Serve with the turkey koftes and the dip.