

Carrot Kofta/meatballs

Makes 5 meatballs
Preparation 15 minutes
Cooking 30 minutes



Ingredients

500g (1.1lb) minced beef
500g (5 cups) finely grated carrot (squeeze the juice out before weighing)
1 large onion, finely grated
7g (1 tbsp) ground cinnamon
Salt and pepper

For the sauce

30g (2 tbsp) tomato paste
5g (1 tsp) ground cinnamon
60ml (4 tbsp) vegetable oil
Salt and pepper

In a large bowl, mix the beef, carrot, onion, cinnamon, salt and pepper. Make sure to squeeze the juice out of the carrot or the meatballs won't hold their shape. Shape the mixture into a large ball. Divide into five meatballs each weighing approximately 220g (7.7oz). Set aside.

To make the sauce

Pour the vegetable oil into a large saucepan. Add in the tomato paste, stirring well. Add a litre (4 cups) of boiling water followed by the salt, pepper and cinnamon. When boiling gently drop the meatballs in, cover and cook for 25 minutes on a medium heat. Place the meatballs in a large dish, ladle the sauce on top and serve with warm bread.

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