

# Beef kofta in rich tomato-soy sauce

Total time **35 mins** 20 mins preparation time 15 mins cooking time

Nutritional facts (per portion):  
**2,300 kJ / 550 kcal**

Fat: **28 g** Protein: **34 g**  
Carbohydrates: **38 g**

## INGREDIENTS

2 portion(s)

|                |                                            |
|----------------|--------------------------------------------|
| <b>300 g</b>   | minced beef                                |
| <b>1</b>       | onion, finely chopped                      |
| <b>1</b>       | garlic clove, finely chopped               |
| <b>0.5 tsp</b> | chilli powder                              |
| <b>0.5 tsp</b> | ground nutmeg                              |
| <b>2 tbsp</b>  | <u>Kikkoman Naturally Brewed Soy Sauce</u> |
| <b>2 tbsp</b>  | chopped parsley                            |
| <b>1 tbsp</b>  | chopped mint leaves                        |
| <b>2 tbsp</b>  | olive oil for frying                       |
| <b>250 ml</b>  | strained tomatoes                          |
| <b>1 tsp</b>   | ground cinnamon                            |
| <b>0.5 tsp</b> | ground cumin                               |
| <b>1</b>       | lime                                       |
| <b>200 g</b>   | couscous or rice (uncooked)                |
| <b>2 tbsp</b>  | plain yoghurt                              |
| <b>20 g</b>    | pine nuts                                  |

## PREPARATION

### Step 1

**300 g** minced beef - **1** onion, finely chopped - **1** garlic clove, finely chopped - **0.25 tsp** chilli powder - **0.5 tsp** ground nutmeg - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce - **1 tbsp** chopped parsley - **1 tbsp** chopped mint leaves - **2 tbsp** olive oil for frying

In a bowl, thoroughly mix the onion, garlic, chilli powder, nutmeg, Kikkoman Soy Sauce, parsley and mint with the minced beef by hand. Shape the mixture into 6 oval patties. Heat the olive oil in a frying pan and fry the patties until browned on all sides.

### Step 2

**250 ml** strained tomatoes - **1 tsp** ground cinnamon - **0.5 tsp** ground cumin - **0.25 tsp** chilli powder - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce

Remove the patties from the pan. Add the strained tomatoes to the pan with the cooking juices. Stir in the cinnamon, cumin, chilli powder and Kikkoman Soy Sauce. Cover and simmer for about 15 minutes.

### Step 3

**1** lime - **200 g** couscous or rice (uncooked) - **2 tbsp** plain yoghurt - **1 tbsp** chopped parsley - **20 g** pine nuts

Cook the rice or couscous according to the package instructions. Grate the zest and squeeze the juice of half a lime into the pan from step 2 and stir. Return the patties, cover and simmer for 10-15 min to heat through. Serve with rice or couscous, a spoonful of yoghurt, and sprinkle with the parsley

and pine nuts. Garnish with wedges of the remaining half lime.