KIKKOMAN

Kefta Tajine

Total time **80 mins** **80 mins** preparation time

Nutritional facts (per portion):
2,389 kJ / 570 kcal

Fat: **40 g** Protein: **32.4 g**
Carbohydrates: **16.4 g**

INGREDIENTS

4 portion(s)

For the meat balls

1	onion
2	garlic cloves
400 g	minced lamb (alternative: minced pork and beef)
3 tbsp	chopped parsley
3 tbsp	chopped coriander
2 tsp	paprika
2 tsp	cumin
1 tsp	cinnamon
1 tsp	freshly ground black pepper
50 ml	Kikkoman Naturally Brewed Soy Sauce
3 tbsp	olive oil

For the sauce

1	onion
2	garlic cloves
2	red peppers
2	yellow peppers
3 tbsp	olive oil
400 g	sieved tomatoes (canned)
100 ml	mineral water
60 ml	Kikkoman Naturally Brewed Soy Sauce
1 tsp	paprika
2 tsp	cumin
0.5 tsp	freshly ground white pepper
	Sugar
4	eggs

PREPARATION

Step 1

To make the meat balls peel the onion and garlic and chop finely. Thoroughly knead together the meat, onions, garlic, herbs, seasonings and soy sauce and roll into walnut-sized balls. Heat the oil in a pan and sear the meat balls on both sides (but do not cook them through).

Step 2

To make the sauce peel the onion and garlic and chop finely. Halve the peppers, then clean, wash and cut them into pieces. Heat up the oil in a tagine at medium heat. Fry the onion, garlic and pepper in it for approx. 10 minutes. Add the tomatoes, mineral water and soy sauce, then season with paprika, cumin, pepper and sugar. Bring the sauce to the boil and continue cooking for another 10 minutes or so.

Step 3

Add the meat balls and simmer for a further 10-15 minutes. Carefully crack the eggs over the meat balls, ensuring that the yolks remain intact. Cover and cook until the eggs are at the desired consistency. You can garnish Kefta Tajine with parsley and coriander and serve it with flatbread.