KIKKOMAN

Tahini Kofta

Total time **50 mins** **50 mins** cooking time

INGREDIENTS

4 portion(s)

For Kofta:

500 g	Ground Beef
1	Medium Onion
2	Garlic heads
1	Green Pill Pepper
	Mint
	Barclays
1 tbsp	Cumin
1 tbsp	Coriander
1 tbsp	Sumac
	Salt
	Pepper
1 tbsp	Kikkoman Naturally Brewed Soy Sauce
1	Egg

For Tomato Sauce:

2	Medium Tomato Cubed
1	Medium Onion Chopped
2	Heads of Garlic
1 tbsp	Tomato Paste
4 tbsp	Olive Oil
1 tbsp	Sugar
	Salt
	Pepper

For Tahini Sauce:

	Lemon
	Tahini
	Kikkoman Naturally Brewed Soy Sauce
	Water
	Salt
	Pepper

PREPARATION

Step 1

Add all the vegetables in a blender and add spices and an egg on it Then blended.

Step 2

Add the blended vegetables to the minced meat. Then add Kikkoman soy sauce to them. Knead them and shape them.

Step 3

In a oiled pan, add onions, tomato sauce and chopped tomato, salt, pepper and sugar and grill them gently(20min).

Step 4

Stew the Kofta in olive oil.

Step 5

Preparing Tahina sauce by adding Kikkoman soy sauce, pepper, water, and lemon. Then blend them.

Step 6

Serve (5) on the plate and place Kofta on to it. And garnish the dish with (3).