



CHICKEN KOFTAS WITH QUINOA TABBouleH & TZATZIKI

 Serves: 4

Nutrition Per Serve

- Calories: 435 kcal
 - Protein: 44 g
 - Carbohydrate: 24 g
 - Fat: 16 g
 - Fibre: 8 g
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Ingredients

Chicken koftas

- Chicken mince: 500 g
- Small Onion: 1/2
- Eggs: 1
- Cumin: 1 tsp
- Turmeric: 1 tsp
- Coriander, ground: 1 tsp
- Sumac: 1 tsp
- Almond meal: 1/2 cup

Tabbouleh

- Quinoa (uncooked): 3/4 cup
- Parsley: 2 T
- Mint leaves: 10
- Cucumber: 1/2
- Cherry tomatoes: 200 g
- Baby spinach leaves: 100 g
- Lemon juice: 1 T

Tzatziki

- High protein yoghurt: 3/4 cup
- Lemon juice: 1 T
- Crushed garlic: 1/2 tsp
- Cucumber: 1/4

- Mint leaves: 4
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Method

- Preheat the oven to 200 degrees Celsius on fan bake
 - Line a baking tray with baking paper
 - Combine all of the chicken kofta ingredients in a bowl. Season with salt and pepper and mix well
 - Form into 12 balls & place on the lined baking tray
 - Bake for 12-15 minutes until cooked through and golden
 - Cook the quinoa according to the instructions on the packet. When cooked fluff the quinoa with a fork and allow to cool
 - Finely chop the herbs, and vegetables
 - Combine the tabbouleh ingredients in a bowl
 - Peel the cucumber for the tzatziki, cut into strips and remove the seeds, then grate. Drain off any excess liquid
 - Place all of the tzatziki ingredients in the food processor or a blender and blend until smooth
 - Serve up the quinoa tabbouleh, with the chicken koftas (3 per serve) and a dollop of tzatziki
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Tips & Substitutions

- You can prepare the chicken koftas prior e.g earlier that day or the day before and have them ready to cook in the fridge to save time at night
 - Either buy chicken mince or make your own by blending chicken breast in the food processor
 - If you prefer the tzatziki to be a bit thicker and have some extra texture to it, you can leave the skin on the cucumber, finely chop and add to the tzatziki after you have blended the other tzatziki ingredients i.e don't blend the cucumber
 - You can also cook the quinoa in advance and store in the fridge for 1-2 days
 - We recommend using the tri-colour quinoa
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Gluten Free

Dairy Free Use plain coconut or plant based yoghurt for tzatziki