Mediterranean Kofta Skewers

Dinner on a stick. Finally, a meeting with a point.

Serves 4 · Prep: 25 minutes · cooking: about 25 minutes · chilling: 20 minutes



The good stuff.

Ingredients

- 4 Lentil Superfood Smash patties
- 1/2 cup cooked chickpeas, drained and mashed
- 1/3 cup chickpea flour, plus extra if needed
- 2 tbsp chopped parsley
- 1 tsp ground cumin
- 1/2 tsp smoked paprika
- 1 tbsp lemon juice
- 2 tbsp olive oil, divided
- 1 cucumber, sliced
- 2 tomatoes, chopped
- 4 flatbreads
- Salt and black pepper to taste

For the lemon-tahini sauce

- 1/4 cup tahini
- 2 tbsp lemon juice
- 3–5 tbsp water
- 1 small garlic clove, finely grated
- Salt to taste

Cook with Lentil Superfood Smash.
Made in Bolivia. Big veggie energy.

Apron on. Let's cook.

1. Cook the patties according to their package directions. Let cool until comfortable to handle, then crumble finely.
2. Mix the crumble with chickpeas, chickpea flour, parsley, cumin, paprika and lemon juice. Squeeze a spoonful: it should hold together. Add flour 1 tbsp at a time if too soft, or water 1 tsp at a time if dry.
3. Form 12 short, compact koftas. Chill for 20 minutes.
4. Heat 1 tbsp oil in a nonstick skillet over medium heat. Cook the koftas for 8–10 minutes, turning gently, until crisp and hot throughout; work in batches with the remaining oil.
5. Whisk the sauce ingredients. Serve koftas with cucumber, tomatoes, flatbreads and sauce. If using skewers, slide them into the cooked koftas for serving.

The chef's two cents.



The skewers are the supporting cast. Let the skillet do the cooking, then add short skewers at the table. Fewer casualties. More applause.

Peace. Love. Seconds, please.

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