



BEEF KOFTA WRAP



Serves 2
Calories 450

Ingredients

200g steak mince, extra lean

1 garlic clove, crushed

110g 3% fat natural yogurt

2 wholewheat wraps

3 tomatoes, sliced

70g baby gem lettuce

1 tablespoon mango chutney

1 tablespoon mint, finely chopped

1 tablespoon ginger, grated

2 tablespoon tikka curry paste / curry paste

Method

Preheat oven to 200C /180C fan / gas mark 6

In a bowl mix the mince meat, curry paste, mango chutney, crushed garlic and grated ginger together

With your hands roll the mixture into about 6 oval balls to shape them into beef koftas

Add the koftas to a pan on medium heat and cook gently, turning regularly for approximately 5-6 minutes until cooked through

Place the koftas in an oven dish, cover with foil and place in oven for approximately 10 minutes

Mix the natural yogurt and mint together to make the sauce



Serve the beef koftas with the mint yogurt, wholewheat wrap, lettuce and tomatoes

