



INGREDIENTS

- 24 Ounces Ground Beef (no more than 20% fat)
- 8 Ounces Ground Lamb (no more than 20% fat; or use ground beef)
- 1 Cup Onion (finely diced)
- 1 Ounce Parsley (finely chopped)
- 1 Tablespoon Salt
- ½ Teaspoon Black Pepper
- ½ Tablespoon Lebanese 7-Spice

DIRECTIONS

1. In a large bowl, add the minced meat, onion, parsley, salt, pepper, and 7-spice blend. Mix until fully combined.
2. Leave the meat mixture in the fridge to chill for 10-15 minutes.
3. Divide the meat mixture into even portions of 2 ounces.
4. Shape each portion into a short rectangle. Insert a skewer lengthwise through the center of the meat, then press and mold the meat around the skewer so it forms a long, even kebab. Keep all kebabs the same size so they cook evenly.
5. Pre-heat and pre-oil the grill to 350°, or, if using a charcoal grill, prepare it.
6. Transfer the kofta kebabs to the grill and cook for 3-4 minutes on each side until browned and cooked through.
7. Check for doneness – the internal temperature should reach 160°. The kofta should be browned, and the juices should run clear.
8. Serve the grilled kofta kebabs hot!

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

16 Kebabs

PORTION SIZES

Toddler: 1 Kebab
Preschool: 1½ Kebabs
School Age: 2 Kebabs
Adult: 2 Kebabs