



KOFTA KEBABS WITH FRAGRANT RICE

INGREDIENTS

PREPARATION: 20 MINUTES

COOKING: 20 MINUTES

4 SERVINGS

KOFTA KEBABS

1 pound (450g) ground pork
2 cloves garlic, minced
2 tablespoons shallot, minced
1/4 teaspoon ground ginger
1/4 teaspoon ground cumin
1/4 teaspoon ground coriander
1/8 teaspoon ground cinnamon
1/4 teaspoon ground black pepper
1/4 cup fresh parsley, chopped
**12 wooden skewers, soaked
in water for 15 minutes**

FRAGRANT RICE

1 tablespoon olive oil
1/2 cup yellow onion, chopped
1/4 teaspoon ground turmeric
1/2 teaspoon ground cumin
1/4 teaspoon ground cardamom
1 cup basmati rice
2 cups water
1 cup frozen peas
1/4 cup fresh cilantro, chopped

Nutrient Analysis

PER SERVING

3 kebabs with 1/2 cup of rice

Renal exchange:

3 Protein + 2 1/2 Starch +
1 Vegetable

| | |
|---------------|----------------|
| Calories | 564Kcal |
| Protein | 26g |
| Carbohydrates | 49g |
| Fibre | 3g |
| Total Fat | 29g |
| Saturated Fat | 10g |
| Cholesterol | 76mg |
| Sodium | 121mg |
| Potassium | 519mg |
| Phosphorus | 281mg |

Note: Kofta is a popular dish in the Middle Eastern cuisine. In the simplest form, koftas consist of balls of minced or ground meat—usually beef or lamb—mixed with spices and/or onions.

PREPARATION

- 1 Preheat BBQ or grill pan over medium/high heat. If using the oven, preheat to 400° F.
- 2 In a bowl, combine the ingredients for the kebabs.
- 3 Make 12 cigar-shaped portions with the meat mixture and place each kebab on a skewer.
- 4 Grill the kebabs for approximately 5 minutes per side on your BBQ or in the grill pan. The kebabs can also be baked in the oven. The kebabs are cooked when the internal temperature reads 160° F (approximately 12 minutes).
- 5 To make the rice, heat olive oil in a saucepan over medium heat. Add the onion and sauté until translucent.
- 6 Add the dry spices and rice to the onion and stir to combine.
- 7 Add the water to the spiced rice mixture and bring to a boil. Once it has come to a boil, reduce the heat and simmer covered until all the liquid has been absorbed, approximately 15 minutes.
- 8 Once the rice is cooked, stir in the peas and cilantro. Serve rice with the kebabs and enjoy.