



Ingredients 4 Portions

♦ = Kotányi Produkte

For the koftas:

500 g	Ground beef
1	Small red onion
1 tbsp	♦ Curry Powder
	Olive oil, for frying

For the lentil hummus:

400 g	Cooked red lentils
1 tsp	♦ Cumin, Ground
1 tsp	♦ Coriander, Ground
2 tbsp	Tahini
	Juice of ½ lemon
1	Garlic clove
50 ml	Olive oil
	Salt to taste

Beef Koftas with Creamy Lentil Hummus

⌚ 35—45 Min ♡ ♡ ♡

Preparation

- 1 Finely chop the onion and mix it with the ground beef and Garam Masala spice mix. Form small, sausage-shaped koftas. Drizzle with olive oil and grill or bake for 10–12 minutes, turning to cook evenly.
- 2 For the hummus, blend all ingredients until smooth and creamy. Add 1–2 tbsp of water if needed for a smoother consistency.
- 3 Spread hummus on a plate, place the hot koftas on top, and optionally garnish with chopped parsley, pistachios, onion, and naan.

