Beef Kofta Wraps

Makes 8 - 10 small koftas

This is a great recipe to serve family-style, with the koftas, wraps, and salad laid out for everyone to assemble their own. It's easy to customise and gives children confidence to choose what goes into their wrap.



Koftas

500g lean beef mince
1 medium onion, finely chopped
1 Tbsp minced garlic
1/2 Tbsp dried parsley
1 1/2 tsp ground cumin
pinch of black pepper

Wraps & Salad

6-8 small wholemeal wraps
1/2 cucumber finely chopped
2 carrots grated
1 capsicum finely diced
1/2 small lettuce, finely shredded
2 tomatoes, finely diced

Optional Yogurt Dressing

1/2 cup low fat natural yogurt
1/2 tsp dried mint or parsley

Method

1. Combine mince, onion, garlic, parsley, cumin and pepper in a mixing bowl.
2. Shape into 8-10 small, slightly flattened patties
3. Grill, bake or pan fry until cooked through
4. Prepare all salad ingredients and set aside
5. Mix yogurt with dried mint if using
6. To serve, place a kofta into each wrap, top with salad, add dressing if using.

Child Helpers:
Tamariki can help mix the ingredients, shape the koftas, and prepare the salad vegetables (with supervision). Shaping the koftas is a great hands-on activity and supports confidence and independence in the kitchen.