

Beef Koftas



There is something very popular about food on a stick and it conjures such fond memories when once a year, the local show would roll into town with all sorts of goodies on a stick – toffee apples, fairy floss, Dagwood dogs and cupid dolls ... We *LOVED* them all.

Ingredients

1/2 cup crunchy peanut butter

2 tsp. curry powder

1 egg

500 g lean beef mince

Method:

1. Place all ingredients in a large bowl and season with sea salt and cracked pepper.
2. Mix well to combine and then using clean damp hands, mold a heaped tablespoonful of beef around a wooden skewer into a 7cm long sausage.
3. Repeat with remaining beef mixture and skewers.
4. BBQ or grill, turning to brown evenly until cooked through, 6 to 7 minutes.