



Tabikh Kofta Loobia with Potato

Ingredients

- 2 cubes Maggi® Tomato and 7 Spices Stock
- 2 cups water
- 2 tbsp Vegetable Oil
- 600 g Lamb kofta
- 1 Medium Onion, finely chopped
- 3 Cloves Garlic, crushed
- 2 cups Green beans
- 0.5 tsp Ground seven spices
- 2 Mediums Tomato
- 2 tbsp Tomato Paste
- 0.5 cup Coriander leaves, chopped
- 2 Mediums Potatoes
- 1 Small Onion
- 0.25 tsp Ground Black Pepper
- 0.25 tsp Ground cinnamon
- 5 tbsp Fresh parsley, chopped

Instruction

1. Combine lamb, chopped onion, black pepper, cinnamon powder and parsley in a mixing bowl. Mix well and shape the mixture into meatballs.
2. Heat Vegetable Oil in a sauce pan and meatballs until golden in color, add Onions and continue frying until onions are soft.
3. Add Green Beans, stir for 5 minutes then add Spices, Tomato, Coriander, water and Maggi® Tomato and 7 Spices Stock
4. Bring to boil, simmer over low heat for 5 minutes.
5. Add potatoes, cover and simmer over low heat for another 15-20 minutes or until cooked and fork tender.
6. Serve with Flat Bread or Rice.

Nutrition

Carbohydrates	47.43 g
Energy	573.56 kcal
Fats	29.12 g
Protein	32.19 g

🕒 30 Minutes

⊕ 6 Servings