

GREEK KOFTA WITH TOMATO, ONION AND ZUCCHINIS

4 persons / 586 kcal per portion

Ingredients:

- 300 grams minced beef
- 1 egg
- 2 tablespoons breadcrumbs
- 2 cloves of garlic
- $\frac{3}{4}$ tablespoon + 1 teaspoon of cumin
- $\frac{3}{4}$ tablespoon + 1 teaspoon of oregano
- $1\frac{3}{4}$ teaspoon paprika powder
- 1 teaspoon cinnamon
- 1 tablespoon olive oil
- 400 grams tomato cubes
- 2 onions
- 2 zucchinis
- 2 bell peppers
- 240 grams of rice
- 60 grams of tzatziki
- pepper and salt



Preparation:

Dice the zucchinis and bell pepper. Chop the onions. Finely chop the garlic. Season the minced meat with salt and pepper, garlic, cumin ($\frac{3}{4}$ tbs), oregano ($\frac{3}{4}$ tbs) and paprika powder ($\frac{3}{4}$ tsp). Knead together with the breadcrumbs and the egg and make 16 balls. Heat the oil in a pan and fry the balls until golden brown. Then add the onion, pepper and zucchini and fry with it on medium heat for 5 minutes, add the tomato cubes together with the cumin (1 tsp), cinnamon (1 tsp), paprika powder (1 tsp) and oregano (1 tsp). Let this simmer for half an hour on low heat. This way all flavors are absorbed well in the vegetables and the vegetables are gently stewed. In the meantime you cook the rice until done. At the end, taste whether the sauce needs to be seasoned even more with salt and pepper. Serve the kofta with white rice and tzatziki.