



Air Fryer Chermoula Beef Koftas

with Spiced Turmeric Rice and Lemon-Cucumber Salad

Air Fryer Recipe

High Protein

Preparation time : 30 min.



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/air-fryer-cher-moula-beef-koftas-139>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Garlic Press, Large Saucepan, Lid, Bowl, Large Bowl

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Red Onion (unit(s))	1	1½	2
Garlic Clove (unit(s))	1	1½	2
Lemon (unit(s))	1	1½	2
Chermoula Spice Mix (sachet(s))	1	2	2
Basmati Rice (grams)	150	225	300
Ground Turmeric (sachet(s))	1	1½	2
Chicken Stock Paste (grams)	10	15	20
British Beef Mince (grams)	240	360	480
Savoury Seasoning (sachet(s))	1	1½	2
Baby Cucumber (unit(s))	1	1½	2
Medium Tomato (unit(s))	1	1½	2
Greek Style Natural Yoghurt (grams)	75	150	150
Water for the Rice (milliliter(s))	300	450	600

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kJ)	2707 kJ
Energy (kcal)	647 kcal
Fat	20.7 g
of which saturates	9.5 g
Carbohydrate	84.5 g
of which sugars	11.2 g
Dietary Fibre	6.9 g
Protein	37.9 g
Salt	2.55 g

Allergens

Mustard, Milk, Wheat, May contain traces of allergens, Soya, Celery, Barley, Cereals containing gluten, Sulphites

Always check the product labels for allergen information.



Get Started

Halve, peel and slice the **red onion** as thinly as you can. Peel and grate the **garlic** (or use a garlic press). Halve the **lemon**.
Heat a drizzle of **oil** in a large saucepan on medium-high heat.
Once hot, add **two thirds** of the **sliced onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden and softened, 6-8 mins.
While the **onion** cooks down, pop the remaining **onion** into a large salad bowl, squeeze in **half** the **lemon juice** and sprinkle in a pinch of **sugar** and **salt**. Mix together and set aside to pickle.



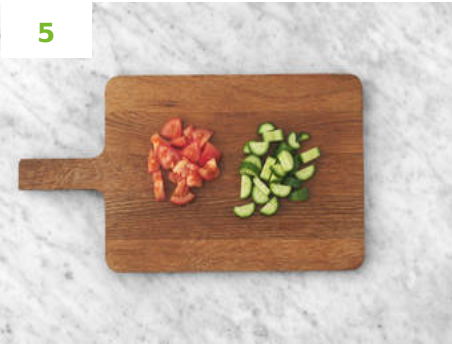
Air Fry!

Place the **koftas** into your air fryer basket.
Air fry at 200°C until browned on the outside and cooked through, 8-10 mins. **IMPORTANT:** *The koftas are cooked when no longer pink in the middle. Give the basket a shake halfway through.*



Steam the Rice

Once the **onion** has cooked down, add the **garlic** and **half** the **chermoula spice mix**. Fry until fragrant, 1 min more.
Stir in the **rice** and **turmeric** until coated, 1 min. Add ¾ **tsp salt**, the **chicken stock paste** and the **water for the rice** (see pantry for amount) and bring to the boil.
Once boiling, turn the heat down to medium and cover with the lid. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



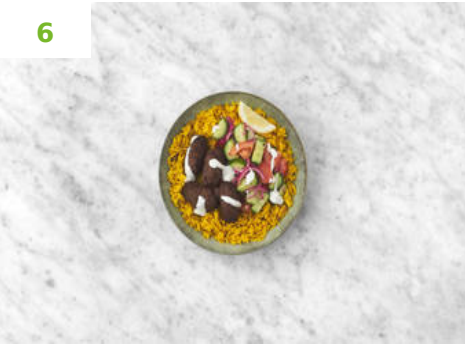
Get Dressed!

While everything cooks, trim the **cucumber**, then halve lengthways. Cut into 1cm thick half moons.
Cut the **tomato** into 1cm chunks.
Add the **cucumber** and **tomato** to the bowl with the **pickled onion** with a drizzle of **olive oil** (if you'd like) and toss to coat. Season with **salt** and **pepper**.



Roll the Koftas

While the **rice** cooks, in a large bowl, combine the **beef mince** with the **savoury seasoning** and remaining **chermoula spice mix**. Season with **salt** and **pepper** and mix together with your hands.
Shape into **mini sausage** shapes, 4 per person. Flatten to make **koftas**. **IMPORTANT:** *Wash your hands and equipment after handling raw mince.*



Serve Up

When everything's ready, fluff up the **spiced rice** and share between serving bowls.
Top the **rice** with the **koftas**, **pickled onion salad** and drizzle over the **Greek style yoghurt**.
Cut any remaining **lemon** into wedges and serve alongside for squeezing over.

Enjoy your meal!