



Harissa turkey kofta & carrot pittas

READY IN



23 min.

SERVINGS



4

CALORIES



413 kcal

Ingredients

- ☐ 500 g pack turkey mince
- ☐ 1 tbsp harissa
- ☐ 1 handful coriander finely chopped
- ☐ 1 onion red grated thinly sliced
- ☐ 1 tbsp olive oil
- ☐ 2 tsp cumin seed
- ☐ 3 carrots cut into thin matchsticks
- ☐ 4 tbsp yogurt greek-style
- ☐ 1 garlic clove crushed
- ☐ 4 wholemeal pitta breads lightly toasted cut in half

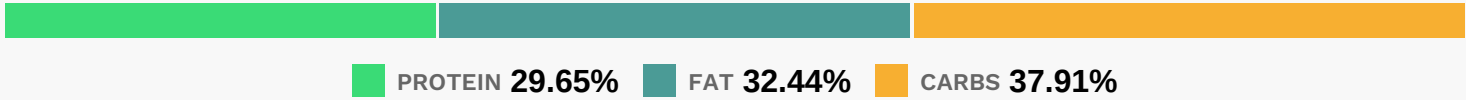
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ grill

Directions

- ☐ Heat the grill. In a large bowl, mix the mince, harissa, coriander, grated onion and some seasoning. Shape into 4 large or 8 small koftas.
- ☐ Lay on a baking sheet and grill for 6–8 mins until cooked through, turning occasionally.
- ☐ Meanwhile, heat the oil in a pan, add the cumin seeds and toast for a min or so until aromatic. Tip in the carrots, season and saut for 5 mins until just tender.
- ☐ Mix the yogurt and garlic. Stuff the pitta halves with the koftas, carrots, onion slices and garlicky yogurt to serve.

Nutrition Facts



Properties

Glycemic Index:35.21, Glycemic Load:2.11, Inflammation Score:-10, Nutrition Score:26.871304138847%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg

Nutrients (% of daily need)

Calories: 412.8kcal (20.64%), Fat: 15.33g (23.58%), Saturated Fat: 3.37g (21.08%), Carbohydrates: 40.29g (13.43%), Net Carbohydrates: 34.88g (12.69%), Sugar: 5.97g (6.63%), Cholesterol: 93.25mg (31.08%), Sodium: 412.75mg (17.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.52g (63.05%), Vitamin A: 7841.78IU (156.84%), Selenium: 50.27µg (71.81%), Manganese: 1.14mg (56.92%), Vitamin B3: 9mg (45%), Phosphorus: 395.25mg (39.53%),

Vitamin B6: 0.71mg (35.65%), Zinc: 4.32mg (28.8%), Vitamin B12: 1.61µg (26.75%), Iron: 4.16mg (23.1%), Vitamin B1: 0.33mg (22.12%), Fiber: 5.41g (21.63%), Vitamin B2: 0.36mg (21.22%), Magnesium: 79.52mg (19.88%), Vitamin B5: 1.93mg (19.34%), Potassium: 610.05mg (17.43%), Copper: 0.35mg (17.42%), Vitamin K: 12.4µg (11.81%), Folate: 44.4µg (11.1%), Vitamin E: 1.42mg (9.5%), Calcium: 85.31mg (8.53%), Vitamin C: 5.92mg (7.17%), Vitamin D: 0.5µg (3.33%)