

Kefta

Recipe By *Erin Grunstein*



Cooking and Prep:  20
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Serves:  4

No Allergens

Preference: Meat

These are quick to prepare and oh-so delicious!

Difficulty: Easy

Occasion: Passover

Diet: Paleo, Gluten Free,
Sugar Free

Cuisines: Middle Eastern

Ingredients (10)

Main ingredients

- 1 pound ground beef or lamb
- 1/4 cup fresh parsley, chopped
- 1 tablespoon fresh mint, chopped
- 3 cloves garlic, pressed through garlic press
- 1 tablespoon shawarma seasoning

- 1/2 teaspoon sumac
 - 1/2 teaspoon Gefen Cinnamon
 - 1 teaspoon smoky paprika
 - 1/2 teaspoon salt
 - freshly ground Gefen Pepper
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Start Cooking

Prepare the Kefta

Serves: 12-15 kefta

1. Combine all ingredients in a large bowl. Do not over-mix.
2. Form kefta shape. Grill over medium-high heat for about four to five minutes per side.
3. Serve with humus, tahini and za'atar. (Omit for Passover if you don't eat kitniyot.)