

Indian Meatballs

Ingredients

Plain low fat yogurt (optional)
400g – 500 g low fat mince
about 3 tbs chickpea flour or cornflour
1 thinly chopped onion
2 tbs coriander leaves
1 tsp ginger
1 tsp salt
1 tsp garam masala

Method

Mixed all ingredients together except the yogurt. Roll into meatball shapes or on skewers, paint thickly with yogurt, put under hot grill for 15 – 20 minutes, turn and paint other side of kebab with yogurt for another 10 – 15 minutes. Can be kept in fridge for a few days.