

Turkey koftes with herbs and yogurt sauce



Discover the flavorful world of our Herb Turkey Koftas with Yogurt Sauce recipe. These succulent turkey meatballs infused with aromatic herbs are served with a creamy yogurt sauce for a delightful and satisfying meal.

Preparation 10 min

Cooking 10 min

Servings 4

Nutrition Facts (per serving)

Calories 280

Fat 12

Carbohydrates 3

Fibre 1

Protein 36

Sodium 145

Ingredients

- 454g (1lb) chopped turkey
- 1 chopped onion
- 1 egg
- 45 ml (3 tbsp) chopped fresh mint
- 45 ml (3 tbsp) fresh coriander, chopped

- 45 ml (3 tbsp) fresh parsley, chopped
- 5 ml (1 tsp) cumin
- 5 ml (1 tsp) sumac
- Set and pepper, to taste

Yogourt sauce

- 125 ml (½ cup) plain Greek yogurt, 0%
- 1 clove garlic minced
- 45 ml (3 tbsp) chopped fresh mint
- 60 ml (¼ cup) cucumber, peeled, in small pieces
- 15 ml (1 tbsp) lemon juice
- Salt and pepper, to taste

Preparation

1. Mix all the ingredients of the koftes.
2. Shape 8 meatballs and stretch them into an oval shape.
3. On the barbecue rack or in a frying pan, cook koftes five minutes on each side.
4. Meanwhile, prepare the yogurt sauce by mixing all the ingredients together in a large bowl.
5. Serve the kofte with the sauce. Accompanied by rice and a salad or with pita bread and greenery.

Notes



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