

# Kofta Recipe

Vegetarian koftas are a delicious and versatile dish that can be enjoyed as an appetiser, side, or main course. These flavourful, spiced balls are made from a blend of vegetables, cauliflower, cabbage, chickpea and are often paired with a rich and creamy gravy. Perfect for special occasions or a cozy dinner, vegetarian koftas offer a wonderful way to enjoy plant-based comfort food with a burst of spices and textures. Whether served with rice, naan, or as a standalone snack, these koftas are sure to impress!



## Sample Recipe

	Recipe serves	Prepared for
	4	4

Ingredient	Amount		Scaled amount	
Grated Cauliflower (Cups)	2	----	2	----
Grated Cabbage (Cups)	2	----	2	----
Chickpea Flour (Cups)	1 1/2	----	1 1/2	----
Ground Cumin (tsp)	1	----	1	----
Salt (tsp)	1 1/2	----	1 1/2	----
Garam Masala (tsp)	1	----	1	----
Cayenne (tsp)	1/2	----	1/2	----
Oil for deep frying		----		----
<b>Sauce :</b>				
Olive Oil (Tbsp)	3	----		----
Bay Leaves	2	----		----
Butter (Tbsp)	1	----		----
Tomato Puree (Cups)	4	----		----
Dried Basil (tsp)	1	----		----
Salt (tsp)	2	----		----
Freshly ground Black Pepper (tsp)	1/4	----		----
Sugar (tsp)	1 1/2	----		----

## Shopping List

Ingredients	Have it	Quantity
Grated Cauliflower (Cups)	<input type="checkbox"/>	
Grated Cabbage (Cups)	<input type="checkbox"/>	
Chickpea Flour (Cups)	<input type="checkbox"/>	
Ground Cumin (tsp)	<input type="checkbox"/>	
Salt (tsp)	<input type="checkbox"/>	
Garam Masala (tsp)	<input type="checkbox"/>	
Cayenne (tsp)	<input type="checkbox"/>	
Oil for deep frying	<input type="checkbox"/>	
<b>Sauce :</b>	<input type="checkbox"/>	
Olive Oil (Tbsp)	<input type="checkbox"/>	
Bay Leaves	<input type="checkbox"/>	
Butter (Tbsp)	<input type="checkbox"/>	
Tomato Puree (Cups)	<input type="checkbox"/>	
Dried Basil (tsp)	<input type="checkbox"/>	
Salt (tsp)	<input type="checkbox"/>	
Freshly ground Black Pepper (tsp)	<input type="checkbox"/>	
Sugar (tsp)	<input type="checkbox"/>	
	<input type="checkbox"/>	

## Sample Instructions

- Combine all the kofta ingredients in a bowl until well mixed. Roll the mixture into 24 balls. Heat the oil for deep-frying in a wok or deep pan over fairly high heat to about 180 °C. Carefully drop 6-8 balls.
- Fry the koftas for 2-3 minutes or until they rise to the surface and start to colour.
- Reduce the heat to low, and fry for another 8-10 minutes, or until they are a deep reddish brown.
- Remove and drain on paper towels. Increase the oil temperature to its original temperature and repeat the frying procedure for the remaining batches of koftas.

### To air fry/oven bake :

- Spray the koftas with olive oil or use a pastry brush to coat lightly with olive oil.
- Cook in a pre-heated air fryer or oven at 190°C (fan forced) for 20-25 mins, turning over halfway through the cooking.
- Serve : soak the koftas in the hot sauce 10 mins before serving time to allow them to fully soak and become plump and succulent.

### For Sauce :

- Heat the oil and butter in a saucepan over moderate heat. When hot, drop in the bay leaves and sauté for 1 min or until fragrant.
- Stir in the tomato puree and basil. Raise the heat, bring in to boil, reduce the heat and simmer for 10 minutes or until a little reduced. Add in salt, pepper and sugar, remove from the heat and keep warm.

