

The Croot's Country Kitchen

From the Cowal hills to your kitchen

Venison Kofta Flatbreads with Mint Yoghurt



SERVES 4

PREP 15 MINS

COOK 20 MINS

DIFFICULTY 2/5

Juicy Cowal Deer venison koftas served on warm flatbreads with refreshing mint yoghurt. A delicious way to enjoy locally sourced venison.

Ingredients

For the venison koftas

- 500g Cowal Deer venison mince
- 1 small onion, finely grated
- 2 garlic cloves, crushed
- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp smoked paprika
- 1 tbsp fresh parsley, finely chopped
- Salt and freshly ground black pepper
- 1 tbsp olive oil

To serve

- 4 flatbreads
- Shredded lettuce
- Sliced tomatoes
- Thinly sliced red onion

Mint yoghurt

- 150g natural yoghurt
- 1 tbsp fresh mint, finely chopped
- A squeeze of fresh lemon juice
- A pinch of salt

Cooking Method

1. Prepare the kofta mixture. Place the venison mince in a bowl. Add the grated onion, garlic, cumin, coriander, paprika, parsley, salt and pepper.
2. Mix thoroughly. Combine everything with clean hands or a spoon until evenly mixed.
3. Shape the koftas. Divide into eight equal portions and shape into elongated koftas.
4. Cook the koftas. Heat the olive oil in a frying pan over medium heat. Cook for approximately 8–10 minutes, turning regularly until browned and cooked through. Check the centre reaches 75°C.
5. Prepare the mint yoghurt. Mix the yoghurt, chopped mint, lemon juice and salt in a small bowl.
6. Warm the flatbreads. Heat following the packet instructions. Add lettuce, tomato and red onion.
7. Assemble and serve. Put two koftas on each flatbread, add mint yoghurt and serve immediately.

Susie's Kitchen Tips

Venison is naturally lean, so avoid overworking the mince. Chilling the shaped koftas for 15–20 minutes before cooking can help them hold together.

More Cowal Deer venison recipes: www.crootscountrystore.com

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