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EASY LAMB KOFTAS {WITH TZATZIKI}

By [Sarah Rossi](#) on Jun 24, 2020, Updated Jul 08, 2024

5 from 41 votes

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These easy **Lamb Koftas** are so quick to make and perfect for the grill, frying pan or barbecue. Succulent and full of unique flavour, this lamb mince recipe is the taste of summer holidays.



If there's one food that makes me feel like I'm on holiday, it's this really easy recipe for **Lamb Koftas**.

Add a big dollop of tzatziki and a [Greek salad](#) and I'm right there, imagining I'm sitting by the Mediterranean in the sunshine. 😎

I think we all need a bit of that right now (and always)?!

Serve this during the **summer months** on the barbecue, or **any time of year** under the grill or in a frying pan. The flavours are divine and it's such an easy treat of a recipe.

WHY YOU'LL LOVE THIS RECIPE FOR LAMB KOFTAS

★ Ideal for **barbecue** days

★ Prepped in under **10 minutes**

★ The taste of a **summer holiday**



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HOW I CAME UP WITH THIS RECIPE

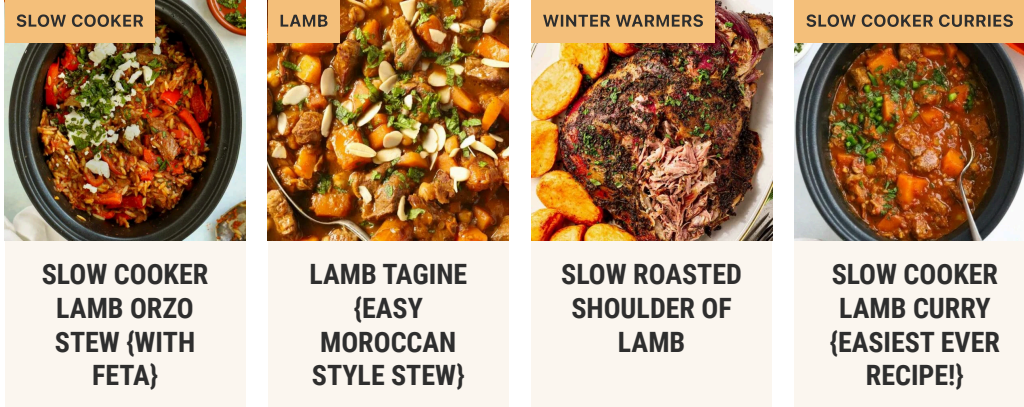
I wanted to make some summery kebabs with lamb mince because it's SO flavourful, and **Greek-style food** never fails to transport me to the sunshine (even if it's actually miserable outside).

Shop-bought kebabs for a barbecue just don't have the same authenticity or satisfaction as homemade, so I got to work **blending some simple ingredients** to get that satisfying taste.

This recipe involves some very simple dry spices mixed with lamb mince (cumin, coriander, cinnamon and garlic powder) and it's really **quick and easy** to cook – less than half an hour and you're good to go.

I urge you to make the **Tzatziki yogurt dip** for this too as it works perfectly with this dish!

MORE SUMMERY LAMB DISHES...



LAMB KOFTAS INGREDIENTS

- **Meat kebab meat** – We’re using succulent lamb mince. It shapes really well into koftas
- **Spices** – A mixture of ground cumin, ground coriander, cinnamon and fresh mint give this an unmistakable flavour
- **Garlic powder** – You can use fresh if you like but this helps to get an even distribution
- **For the tzatziki** – A combination of Greek yoghurt (full fat or low fat), cucumber, garlic powder, olive oil, salt and lemon juice

HOW TO MAKE LAMB KOFTAS



1. Mix the kofta ingredients together in a bowl using clean hands.



2. Shape your koftas and pierce onto skewers.



3. Cook the koftas on each side for about 5 minutes or until browned all over and cooked through (see cooking options below).

4. Make your yoghurt dip and prepare your other sides.

OPTIONS FOR COOKING LAMB KOFTA KEBABS

- ✅ **BBQ** – Fire up the barbecue and cook it over the fire (or gas 🙄)
- ✅ **Grill** – Heat up a hot grill on rainy days (or broiler if you're in the USA)
- ✅ **Frying pan or griddle pan** – On the hob

NB. *Whichever way you choose to cook these, each method takes about the same amount of time to cook through – approximately 15 minutes – but make sure there's no pink mince in the middle before serving.*

SUBSTITUTIONS

- **Mince** – This recipe would also work well with beef mince, or even turkey mince if you're trying to cut down your fat intake

LEFTOVERS

In the fridge These are delicious cold for a picnic or in a salad the following day.

In the freezer These are fine to be frozen before they've been cooked. Just make sure you defrost them thoroughly before eating them.

TOP TIPS

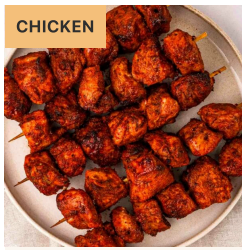
SKEWERS

You can use wooden skewers (available from most supermarkets). Just be sure to soak them for at least an hour before using so they don't burn.

I sometimes like to use a set of metal skewers from Amazon like these ones: [Kitchen Craft Metal Skewers](#). They are reusable, so money saving long term and also won't get burned on

the BBQ.

MORE KEBAB STYLE RECIPES...



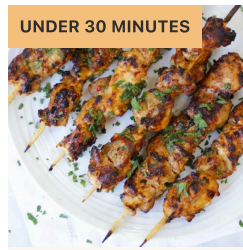
CHICKEN

**TANDOORI
CHICKEN {AIR
FRYER, GRILL,
OVEN & BBQ}**



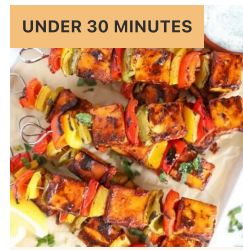
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BBQ**



UNDER 30 MINUTES

**EASY PANEER
TIKKA {FOR
GRILL, OVEN OR
BBQ}**

FAQS

WHAT SHOULD I SERVE WITH LAMB KOFTAS? ▼

You can choose something simple like [Greek Salad](#) or [Easy Flatbreads](#). Or you could have a few different BBQ sides like [Couscous](#), [Jacket Potatoes](#) or [Chips](#).

DO YOU HAVE ANY OTHER LAMB MINCE RECIPES? ^

Let me know how you got on and what you thought of these recipes. Please rate the recipe using the ★ below.

Also I'd **LOVE** to see your cooking creations. If you'd like to share yours with me, you can tag me on Instagram ([@tamingtwins](#)).

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★★★★★ 5 from 41 votes

Lamb Koftas {with Tzatziki}

By [Sarah Rossi](#)

These easy **Lamb Koftas** are so quick to make and perfect for the grill or barbecue. This lamb mince recipe is the taste of summer holidays. Serve with creamy tzatziki to serve.

PREP TIME:

10 minutes

COOK TIME:

15 minutes

TOTAL TIME:

25 minutes

SERVINGS:

[4](#) People



Ingredients

1X

2X

3X

- ☐ 500 g Lamb mince, See notes
- ☐ 2 tsp Ground cumin
- ☐ 2 tsp Ground coriander
- ☐ 1 tsp Cinnamon
- ☐ 2 tsp Garlic powder, See notes
- ☐ Salt and freshly ground black pepper
- ☐ 2 tbsp Fresh mint

For the tzatziki:

- ☐ 250 g Greek yoghurt, See notes

- ☐ 200 g Cucumber, Chopped into tiny cubes or grated
- ☐ 2 tsp Garlic powder, See notes
- ☐ 2 tsp Olive oil
- ☐ 0.5 tsp Salt
- ☐ 1 Lemon, Juice only

To serve:

- ☐ [Greek salad](#)
- ☐ [Flatbreads](#), Or shop bought pittas, wraps or other breads

[Metric](#) – [Imperial](#)

Instructions

For the koftas

- ① Mix the kofta ingredients together in a bowl using clean hands.
- ② Either form into 8 balls, burger shapes, or shape on to metal or wooden skewers (see notes below). When you're ready to cook...

To cook under the grill:

- ① Preheat your grill to a high heat. Add the koftas to the pan and cook the koftas, turning them regularly, until browned all over (approx. 15 minutes).

To cook on the BBQ:

- ① When your barbecue is up to heat, cook the koftas until browned all over (approx. 15 minutes), turning regularly.

To cook on the hob (on griddle pan or frying pan):

- ① Heat your pan until smoking hot. Cook the koftas on each until browned all over (approx. 15 minutes).

For the yoghurt tzatziki dip:

- ① Mix all of the ingredients together and refridgerate until ready to serve.

Notes

Skewers: You can use wooden skewers (from most supermarkets). Just be sure to soak them for at least an hour before using so they don't burn. Or use these reusable [Kitchen Craft Metal Skewers](#)

Mince: This recipe would also work well with beef mince, or even turkey mince if you're trying to cut down your fat intake

Garlic powder: I really like using a good quality garlic powder instead of fresh garlic in this recipe, as it distributes through the meat and dip really evenly

Greek yoghurt: Full fat or lower fat is fine. It'll just be slightly less creamy if you use low fat

Nutrition

Calories: 407kcal	Carbohydrates: 7g	Protein: 29g	Fat: 30g
Saturated Fat: 13g	Cholesterol: 95mg	Sodium: 417mg	Potassium: 122mg
Fiber: 1g	Sugar: 3g	Vitamin A: 85IU	Vitamin C: 2mg
Calcium: 106mg		Iron: 3mg	

Nutrition information is automatically calculated, so should only be used as an approximation.

Additional Info

Course: Main Course
Cuisine: Family Food, Mediterranean

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17 COMMENTS

Ferneez Sanghavi

December 8, 2024 at 11:31 am

[REPLY](#)

I love lamb prepared this way thanks

Robyn

August 24, 2024 at 7:57 pm

[REPLY](#)

Made these tonight. Minimal prep time, and the flavour was amazing!! Cooked mine in the air fryer for 10 mins at 220°C and then 5 mins 240°C to crisp up.

Lyndsay Peck

January 22, 2023 at 7:35 pm

[REPLY](#)

Thank you! My kids ate this!!!!

Yes!

..... having a celebratory beer with my koftas!

Sinéad

May 16, 2022 at 4:21 pm

[REPLY](#)

I made this dish as part of a BBQ spread. Everyone raved about the koftas and asked for the recipe. Deliciously easy and satisfying.

[OLDER COMMENTS](#)

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