



Delicious!

PREPARATION: 20 MINUTES

COOKING: 20 MINUTES

SERVINGS: 6

KOFTA KEBABS WITH FRAGRANT RICE



Nutrient Analysis

PER SERVING: 2 Kebabs with 1/4 Rice

RENAL EXCHANGE: 3 Meat + 2 Starch +1 Vegetable + 2 Fat

Calories	360 Kcal	Sodium	71 mg
Protein	17 g	Potassium	350 mg
Total Carbohydrate	30 g	Phosphorus	197 mg
Fiber	2 g	Calcium	39 mg
Sugars	2 g	Iron	3 mg
Fat	19 g	Magnesium	34 mg
Saturated	6 g	Vitamin C	10 mg
Cholesterol	54 mg		

Diet Types

- CKD Non-Dialysis Dialysis/Diabetes
 Dialysis Transplant

KOFTA KEBABS WITH FRAGRANT RICE

Kofta is a popular dish in the Middle Eastern cuisine. In the simplest form, koftas consist of balls of minced or ground meat—usually beef or lamb—mixed with spices and/or onions.

INGREDIENTS

Kofta Kebabs

1 lb ground pork

2 cloves garlic, minced

2 tablespoons shallot, minced

¼ teaspoon ground ginger

¼ teaspoon ground cumin

¼ teaspoon ground coriander

⅛ teaspoon ground cinnamon

¼ teaspoon ground black pepper

¼ cup fresh parsley, chopped

***12 wooden skewers, soaked in water
for 15 minutes***

Fragrant Rice

1 tablespoon olive oil

½ cup yellow onion, chopped

¼ teaspoon ground turmeric

½ teaspoon ground cumin

¼ teaspoon ground cardamom

1 cup basmati rice

2 cups water

1 cup frozen peas

¼ cup fresh cilantro, chopped

PREPARATION

- 1** Preheat outdoor grill or grill pan over medium-high heat. If using the oven, preheat to 400°F.
- 2** In a bowl, combine the ingredients for the kebabs.
- 3** Make 12 cigar-shaped portions with the meat mixture and place each kebab on a skewer.
- 4** Grill the kebabs for approximately 5 minutes per side on your outdoor grill or in the grill pan. The kebabs can also be baked in the oven. The kebabs are cooked when the internal temperature reads 160°F (approximately 12 minutes).
- 5** To make the rice, heat olive oil in a saucepan over medium heat. Add the onion and sauté until translucent.
- 6** Add the dry spices and rice to the onion and stir to combine.
- 7** Add the water to the spiced rice mixture and bring to a boil. Once it has come to a boil, reduce the heat and simmer covered until all the liquid has been absorbed, approximately 15 minutes.
- 8** Once the rice is cooked, stir in the peas and cilantro. Serve rice with the kebabs and enjoy.



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