



**Miele**

# Cajun lamb koftas with roasted vegetable salad

By Miele

**20 minutes**

Preparation time

**20 minutes**

Cooking time

**6-8**

Serves

## INGREDIENTS

1kg lamb mince  
Olive oil  
12 metal skewers (20–25cm long)

### Cajun spice mix

1 tsp fennel seeds, toasted and crushed  
2 tsp dried oregano  
2 tsp dried thyme  
2 tsp dried parsley  
2 tsp smoked paprika  
1 tsp garlic powder  
1 tsp onion powder  
1 tsp cayenne pepper  
1 tsp chilli flakes  
3 tsp Murray River salt flakes

### Roast vegetable salad

750g seasonal vegetables, cut into 3cm portions  
eg. zucchini, yellow squash, capsicums, sweet potato, red onion  
Olive oil  
1 tsp Murray River salt flakes  
150g mixed salad leaves

## **METHOD**

### **Lamb koftas**

1. Pre-heat the Oven on Fan Grill at 200°C.
2. Lightly toast the fennel seeds in a frying pan on Induction setting 6 until fragrant.
3. Combine spices and mix well.
4. Place the lamb in a large bowl, combine with all of the Cajun spices and mix together thoroughly for about 3 minutes with your hands.
5. Divide the lamb mixture into 12 equal portions. Using clean wet hands, shape into sausages approximately 10cm long and thread each one onto a skewer. A small bowl of water assists to shape the koftas.

### **Roast vegetables**

1. Paper line a Multi-purpose tray with the grilling and roasting insert on top.
2. Toss the vegetables pieces with oil and salt. Transfer to the Multi-purpose tray along with the koftas.
3. Roast on shelf position 5 for 10-15 minutes or until the lamb is firm to the touch.

### **To serve**

1. Combine dressing ingredients in a small bowl and season to taste.
2. Place the salad leaves onto a platter, top with the roast vegetables and drizzle over the dressing.
3. Place the lamb on a warmed serving platter remaining dressing in a bowl.