

BEEF AND BULGUR CROQUETTES/KOFTAS



Beef and Bulgur Croquettes/Koftas



SERVINGS



PREP TIME



COOK TIME

Ingredients

1 cup	(250 mL)	Bulgur wheat, cooked according to package instructions
1 piece		Onion, grated
2 cloves		Garlic, grated
1 tbsp	(15 mL)	Tomato paste
1 each		Egg
2 tsp	(10 mL)	Salt
¼ tsp	(1 mL)	Cinnamon
1 tsp	(5 mL)	Paprika
2 tsp	(10 mL)	Cumin
2 tsp	(10 mL)	Black pepper
2 tsp	(10 mL)	Oregano, dried
2 tsp	(10 mL)	Parsley, dried
1 lb	(454 g)	Ground beef, lean
3 tbsp	(45 mL)	Flour

Instructions

1. Preheat oven to 400°F (204°C) and line a baking tray with aluminium foil. Set aside.
2. In a large bowl, mix together cooked bulgur wheat, onion, garlic, tomato paste, egg, salt, cinnamon, paprika, cumin, black pepper, oregano, and parsley until smooth.
3. Add ground beef and flour. Mix well.
4. Form into 1-inch balls and place onto prepared tray.
5. Bake for 16–18 minutes, until an inserted thermometer reads 165°F (74°C).



CHEF'S TIPS

- Can't find bulgur? Cooked brown rice is a great substitute.
- Great batch-cooking recipe that freezes well. To reheat, simply place frozen koftas in baking tray and cover with foil. Bake for 20 minutes or until warmed all the way through.



SERVING SUGGESTION

Serve with pita wedges and your favourite sauce like hummus or tzatziki .