



Turkey Meatballs with Mint, Yoghurt & Coconut



This meatball or kofta recipe uses our [Goan Green](#) blend, which contains dried mint. This flavour really comes through when cooked, but we have added fresh mint to the sauce as well. You can use your own garam masala if you prefer, adding dried or fresh mint to the meatballs. **serves 4-6**

- 1 carton [Goan Green](#) spice blend (or see above)
 - 500g minced turkey
 - 3 tbsp oil
 - 300ml [‘secret sauce’](#)
 - 1 tsp chilli flakes (optional)
 - 300ml thick yoghurt
 - 2 tbsp desiccated coconut
 - 1 tbsp finely chopped mint
1. Make 12-15 meatballs by mixing half the spices with the meat. Chill until required.
 2. Heat 2 tbsp oil in a pan and fry the remaining spices. Add the ‘secret sauce’ and cook gently for about 20 minutes.
 3. In a large pan gently fry the meatballs in the remaining oil until brown all over.



bit spicy

4. Add the sauce and yoghurt to the pan, stir together and bring to the boil. Turn down to a simmer and cook the meatballs for about 20 minutes, stirring in the coconut half way through.
5. Stir through the mint last thing, before serving with plain rice.