

OVERALL time: 85 mins

Kofta Hack Flatbreads

Loaded with flavour, these Kofta Hack Flatbreads are a quick and delicious way to enjoy Middle Eastern-inspired spices. Juicy kofta, fresh toppings, and warm flatbreads come together for an easy meal that's perfect for weeknights or sharing with friends.

Metric

Number of servings : 8

ingredients

For the Pickled Cabbage

- 1 Small head of baby red cabbage, very finely shredded
- 200 ml Water
- 200 ml White wine vinegar
- 15 ml Sugar
- 5 ml **Cape Herb and Spice Atlantic Sea Salt**

For the herb yoghurt

- 250 g Double cream plain yoghurt
- 30 ml Fresh dill, chopped
- To taste **Cape Herb and Spice Mediterranean Style Roasts Rub**

For the koftas

- 20 ml **Cape Herb and Spice Mediterranean Style Roasts Rub**
- 600 g Lean beef mince

For the flatbreads

- 330 g Double cream plain yoghurt
- 200 g Self-raising flour, plus extra rolling out
- 20 ml **Cape Herb and Spice Everything Seasoning**

To serve

- 1 Mediterranean cucumber, peeled in ribbons

- 100 g Feta cheese, crumbled

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 40 mins | COOKING TIME: 45 mins

For the pickled cabbage:

Place the cabbage in a heatproof jar.

Place the water, vinegar, sugar and salt in a small saucepan.

Bring to the boil and stir until the sugar and salt have dissolved.

Pour the hot pickling liquid over the cabbage.

Allow to cool and then transfer to the fridge.

For the herb yoghurt:

Combine all the ingredients in a medium sized bowl.

Season with a little Cape Herb & Spice Mediterranean Roasts Seasoning.

Keep in the fridge until serving.

For the koftas:

Preheat air fryer to 200°C.

Split the mince in half and season the first half with a little Cape Herb & Spice Mediterranean Roasts Seasoning.

Mix well.

Press the mince into a small baking tray / dish that fits into your air fryer.

Press it into a single flat layer and then score it with a knife.

Cook for 7-8 minutes depending on the thickness of your mince.

Repeat the process with the other half of the mince.

Set aside to rest and then slice into little bite sized pieces to fit onto the flatbreads.

For the flatbread:

Combine yoghurt, flour and Cape Herb & Spice Everything Seasoning Sprinkle in a bowl.

Mix well until a dough forms.

Place on a lightly floured surface and knead until it comes together.

Divide the dough into 4, and then each quarter into 4 again.

Gently roll into balls and then press and stretch each ball into a flatbread.

Place a little olive oil in a bowl and brush the flatbreads with olive oil on both sides.

Preheat the air fryer to 200°C.

Gently place a few flatbreads into the air fryer basket.

Air fry for 6-7 minutes, rotating half way through until deeply golden.

For the flatbread:

Combine yoghurt, flour and Cape Herb & Spice Everything Seasoning Sprinkle in a bowl.

Mix well until a dough forms.

Place on a lightly floured surface and knead until it comes together.

Divide the dough into 4, and then each quarter into 4 again.

Gently roll into balls and then press and stretch each ball into a flatbread.

Place a little olive oil in a bowl and brush the flatbreads with olive oil on both sides.

Preheat the air fryer to 200°C.

Gently place a few flatbreads into the air fryer basket.

Air fry for 6-7 minutes, rotating half way through until deeply golden.

To assemble:

Swish a little herb yoghurt onto each warm flatbread.

Top with pieces of the kofta, cucumber ribbons and pickled cabbage.

Finish with a sprinkle of feta and enjoy!

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram | <http://thesecretlifeofbee.co.za/>

<https://capeherb.co.za>

Metric

ingredients

For the Pickled Cabbage

- 1 Small head of baby red cabbage, very finely shredded
- 200 ml Water
- 200 ml White wine vinegar

- 15 ml Sugar
- 5 ml **Cape Herb and Spice Atlantic Sea Salt**

For the herb yoghurt

- 250 g Double cream plain yoghurt
- 30 ml Fresh dill, chopped
- To taste **Cape Herb and Spice Mediterranean Style Roasts Rub**

For the koftas

- 20 ml **Cape Herb and Spice Mediterranean Style Roasts Rub**
- 600 g Lean beef mince

For the flatbreads

- 330 g Double cream plain yoghurt
- 200 g Self-raising flour, plus extra rolling out
- 20 ml **Cape Herb and Spice Everything Seasoning**

To serve

- 1 Mediterranean cucumber, peeled in ribbons
- 100 g Feta cheese, crumbled

Number of servings : 8

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 40 mins | COOKING TIME: 45 mins

For the pickled cabbage:

Place the cabbage in a heatproof jar.

Place the water, vinegar, sugar and salt in a small saucepan.

Bring to the boil and stir until the sugar and salt have dissolved.

Pour the hot pickling liquid over the cabbage.

Allow to cool and then transfer to the fridge.

For the herb yoghurt:

Combine all the ingredients in a medium sized bowl.

Season with a little Cape Herb & Spice Mediterranean Roasts Seasoning.

Keep in the fridge until serving.

For the koftas:

Preheat air fryer to 200°C.

Split the mince in half and season the first half with a little Cape Herb & Spice Mediterranean Roasts Seasoning.

Mix well.

Press the mince into a small baking tray / dish that fits into your air fryer.

Press it into a single flat layer and then score it with a knife.

Cook for 7-8 minutes depending on the thickness of your mince.

Repeat the process with the other half of the mince.

Set aside to rest and then slice into little bite sized pieces to fit onto the flatbreads.

For the flatbread:

Combine yoghurt, flour and Cape Herb & Spice Everything Seasoning Sprinkle in a bowl.

Mix well until a dough forms.

Place on a lightly floured surface and knead until it comes together.

Divide the dough into 4, and then each quarter into 4 again.

Gently roll into balls and then press and stretch each ball into a flatbread.

Place a little olive oil in a bowl and brush the flatbreads with olive oil on both sides.

Preheat the air fryer to 200°C.

Gently place a few flatbreads into the air fryer basket.

Air fry for 6-7 minutes, rotating half way through until deeply golden.

For the flatbread:

Combine yoghurt, flour and Cape Herb & Spice Everything Seasoning Sprinkle in a bowl.

Mix well until a dough forms.

Place on a lightly floured surface and knead until it comes together.

Divide the dough into 4, and then each quarter into 4 again.

Gently roll into balls and then press and stretch each ball into a flatbread.

Place a little olive oil in a bowl and brush the flatbreads with olive oil on both sides.

Preheat the air fryer to 200°C.

Gently place a few flatbreads into the air fryer basket.

Air fry for 6-7 minutes, rotating half way through until deeply golden.

To assemble:

Swish a little herb yoghurt onto each warm flatbread.

Top with pieces of the kofta, cucumber ribbons and pickled cabbage.

Finish with a sprinkle of feta and enjoy!

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram |
<http://thesecretlifeofbee.co.za/>

<https://capeherb.co.za>