



Beef Kababs

With Crunchy Pomegranate Slaw

Easy Recipe 20 minutes 2 Serves of Vegetables Serves 2

This is a great breakfast that is high in mon-unsaturated fats. The protein from the eggs will also keep you feeling fuller for longer.



Nutrition Per Serving

Energy 1763 Kj 20%	Fat 14.7 g 21%	Saturated Fat 3.3 g 14%	Sugars 5.94 g	Salt 335 mg 36.4 %	Protein 34 g 61%	Carbs 34 g	Fibre 10..7 g 39 %
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Ingredients

- 200g Lean Beef Mince
- 1 tbsp Garam Masala
- 30 g Sultanas
- 1 Egg
- 150g Cabbage
- 1 medium Carrot
- 1 Red onion
- Mint
- ½ Pomegranate, seeds removed
- 1 Lemon

Method

1. Make a paste with the nuts, sultanas and curry powder. You could use a food processor, a mortar and pestle or just chop with a knife depending on what equipment you have available.
2. Combine the nut mixture with the mince and egg and combine well. Then form into patties and pan fry with a small amount of oil.
3. Meanwhile make the salad by shredding the cabbage, cutting the carrot into match sticks and finely slicing the onion.
4. Deseed the pomegranate and add to the other veg. Finally add the mint and then the lemon juice, mix to combine all of the ingredients and then serve with the meat kababs.