

Clean Eating

Middle Eastern Chicken Kofta

Posted By [Cara Lyons](#) / Classics Made Clean, Dinner Tonight, Gluten Free, Quick & Easy, Under 45 Minutes



Serves: 5

Hands-on time: 35 minutes

Total time: 45 minutes

INGREDIENTS:

TAHINI SAUCE

- 1/4 cup tahini paste
- 2 tbsp fresh lemon juice
- 1 clove garlic, peeled

KOFTA

- Olive oil cooking spray
- 1 lb ground chicken breast
- 1/4 cup finely chopped yellow onion
- 2 cloves garlic, minced
- 1/3 cup BPA-free canned or pouched pumpkin purée (NOTE: Not pumpkin pie filling.)
- 1/4 cup chopped fresh flat-leaf parsley leaves
- 1/4 cup unsalted pine nuts, toasted and roughly chopped
- 3/4 tsp ground cinnamon
- 3/4 tsp ground allspice
- 1/2 tsp kosher salt
- 1/2 tsp fresh ground black pepper
- 1/4 tsp ground nutmeg
- 1/4 tsp ground cayenne pepper

SALAD

- 3 plum or vine-ripened tomatoes, seeded and chopped
- 2 Persian cucumbers, peeled and diced (about 1 cup diced)
- 1/3 cup finely chopped red onion
- 1/3 cup chopped fresh flat-leaf parsley leaves
- 2 tbsp fresh lemon juice
- 1 tsp Za'atar seasoning (NOTE: This is a seasoning blend that you can find in the ethnic section of grocery stores or in specialty Middle Eastern stores. The exact blend of spices can vary, but it typically includes sesame seeds, thyme and sumac.)

INSTRUCTIONS:

ONE: Prepare tahini sauce: In a small food processor or blender, combine all tahini sauce ingredients and 5 tbsp water; process until smooth. (TIP: You can also do this step in a bowl with a whisk, however you'll need to mince the garlic first.) Set aside.

TWO: Arrange an oven rack 5 to 6 inches from top heat source and preheat broiler to high. Line a large, rimmed baking sheet with foil and mist with cooking spray.

THREE: Prepare kofta: In a large bowl, combine chicken, onion, 2 cloves garlic, pumpkin, ¼ cup parsley, nuts, cinnamon, allspice, salt, pepper, nutmeg and cayenne. Using your hands, mix until combined. Divide mixture into 20 1-oz meatballs, and form each into an oval shape. (TIP: Wet your hands to keep mixture from sticking.) Place meatballs on sheet. Broil for 7 to 8 minutes, turning once, until cooked through.

FOUR: Meanwhile, prepare salad: In a medium bowl, combine all salad ingredients. Divide kofta and salad among serving plates and drizzle kofta with tahini sauce.

NUTRIENTS PER SERVING (4 KOFTA, 1 1/2 TBSP TAHINI SAUCE, 1/2 CUP SALAD): CALORIES: 236, TOTAL FAT: 12 g, SAT. FAT: 2 g, MONOUNSATURATED FAT: 4 g, POLYUNSATURATED FAT: 5 g, CARBS: 11 g, FIBER: 3 g, SUGARS: 3 g, PROTEIN: 22 g, SODIUM: 260 mg, CHOLESTEROL: 50

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