



# AFGHAN CHAPLI KABAB

Inspired by the recipe found at:

<https://www.afghanyummyfood.com/chapli-kabab-afghan-recipe-2/>

## Ingredients

- 1 kg ground meat
- 2 onions, chopped
- 3 green onions, chopped
- 1 cup fresh cilantro, chopped
- 1 tomato, diced
- 1 tbsp red pepper, chopped
- 1 tbsp garlic, minced
- 1/2 cup all purpose flour
- 2½ tsp coriander powder
- 1 tsp black pepper
- 1 ½ tsp salt
- 2 eggs, lightly beaten
- Cooking oil
- 1-2 tomatoes, sliced

## Instructions

1. In a bowl, mix meat, onions, green onions, cilantro, tomatoes, red pepper, garlic, flour, coriander powder, pepper, salt, and eggs.
2. Let the mix rest for 10 min, then shape it into patties.
3. In a frying pan over medium heat, add a tsp or so of cooking oil and saute patties on both sides.
4. Place a tomato slice on each kabab and lightly press.
5. Bake in the oven on low for 25 minutes.
6. Serve with lemon wedges, rice, naan bread, tzatziki, and cucumber slices.
7. Enjoy!