KIKKOMAN

Kefta Tajine

totale tijd **80 min.** **80 min.** voorbereidingstijd

Voedingswaarde (per portie):
2.389 kJ / 570 kcal

Vetten: **40 g** Eiwitten: **32,4 g**
Koolhydraten: **16,4 g**

INGREDIËNTEN

4 porties

Voor de vleesballetjes

1	ui
2	teentjes knoflook
400 g	lamsgehakt (alternatief: gemengd gehakt)
3 el	gehakte peterselie
3 el	gehakte koriander
2 tl	paprikapoeder
2 tl	komijn
1 tl	kaneel
1 tl	versgemalen zwarte peper
50 ml	Kikkoman Natuurlijk Gebrouwen Sojasaus
3 el	olijfolie

Voor de saus

1	ui
2	teentjes knoflook
2	rode paprika
2	gele paprika
3 el	olijfolie
400 g	gepasseerde tomaten (blik)
100 ml	mineraalwater
60 ml	Kikkoman Natuurlijk Gebrouwen Sojasaus
1 tl	paprikapoeder
2 tl	komijn
0,5 tl	versgemalen witte peper
	Suiker
4	eieren

VOORBEREIDING

Stap 1

To make the meat balls peel the onion and garlic and chop finely. Thoroughly knead together the meat, onions, garlic, herbs, seasonings and soy sauce and roll into walnut-sized balls. Heat the oil in a pan and sear the meat balls on both sides (but do not cook them through).

Stap 2

To make the sauce peel the onion and garlic and chop finely. Halve the peppers, then clean, wash and cut them into pieces. Heat up the oil in a tagine at medium heat. Fry the onion, garlic and pepper in it for approx. 10 minutes. Add the tomatoes, mineral water and soy sauce, then season with paprika, cumin, pepper and sugar. Bring the sauce to the boil and continue cooking for another 10 minutes or so.

Stap 3

Add the meat balls and simmer for a further 10-15 minutes. Carefully crack the eggs over the meat balls, ensuring that the yolks remain intact. Cover and cook until the eggs are at the desired consistency. You can garnish Kefta Tajine with parsley and coriander and serve it with flatbread.