



HONEY & POMEGRANATE GLAZED KOFTAS

Sustainable, succulent, and bursting with flavour - Chef Roman's koftas showcase the magic of UK-grown Legghorn hens. These underused breeder hens are transformed into nutrient-rich, antibiotic-free mince with a fraction of the usual carbon footprint, proving that great taste and sustainability can go hand in hand.

Infused with aromatic spices and herbs, then finished with a glossy honey and pomegranate glaze, the koftas are paired with a bright, zesty herb salad and creamy tahini-buttermilk dressing for a dish that's as mindful as it is mouthwatering. Perfect for a vibrant lunch, dinner or sharing at the table.

🕒 Prep Time

10 min

🕒 Cook Time

25 min

🏠 Serving Size

Serves 4

Ingredients

Kofta Ingredients

- 500g Legghorn mince
- 2 spring onions, finely chopped
- 2 tbsp breadcrumbs
- 2 tbsp parsley, chopped
- 2 tbsp coriander, chopped
- 1 garlic clove, crushed
- 1 tsp paprika
- 1 tsp ground cumin
- ½ tsp cinnamon
- 1 tsp honey
- ½ tsp salt & pepper
- 1 tbsp olive oil (for cooking)

Herb Salad

- 2 tomatoes, diced
- ½ red onion, very finely sliced
- Handful of parsley, chopped
- Handful of mint, chopped
- Juice of ½ lemon
- 1 tsp olive oil
- Pinch salt & sumac (optional)

Dressing

- 100ml buttermilk
- 2 tbsp tahini
- 1 tsp honey
- Juice of ½ lemon
- 1 garlic clove, crushed
- Pinch of salt

Glaze

- 1 tbsp honey
- 1 tbsp pomegranate molasses

Method

- 1 Mix kofta ingredients well. Shape into 8 patties.
- 2 Fry or roast at 220°C for 12–15 mins until golden and cooked through. Brush with honey and pomegranate glaze at the end.
- 3 Mix dressing ingredients until smooth.
- 4 Toss salad ingredients together.
- 5 Serve koftas hot with salad on the side and drizzle over dressing.

