

# MEDITERRANEAN BEEF KAFTA SKEWERS

YIELDS: 6 SERVINGS | PREP TIME: 20 MINUTES | COOK TIME: 20 MINUTES



## DISH INSPIRATION

These Mediterranean Beef Kafta Skewers are juicy, tender, and full of bold flavor from fresh herbs, garlic, and warm spices. Perfect for grilling or pan-searing, they pair beautifully with rice, fresh salads, or roasted potatoes for a simple, vibrant Mediterranean meal.

## RECIPE NOTES

Pulse aromatics until finely minced — *creates a smooth base for even flavor distribution*

Mix by hand — *ensures spices and herbs are fully incorporated into the meat*

Shape into oblong skewers — *helps them cook evenly and stay juicy*

Cook over medium heat — *prevents drying out while achieving a nice sear*

Flip halfway through — *for even browning on all sides*

## INGREDIENTS

- 1 pound ground beef
- ½ white onion, finely chopped
- 4 tablespoons olive oil
- 2 scallions
- 3 cloves garlic
- ½ cup parsley, chopped
- ½ teaspoon salt
- 1 teaspoon black pepper
- ½ teaspoon cumin
- ½ teaspoon lemon pepper seasoning
- ½ teaspoon coriander
- ¼ teaspoon cinnamon
- 1 package uncooked yellow rice (5 ounces)

## INSTRUCTIONS

1. Pulse scallions, onion, parsley, and garlic in a food processor until finely minced and almost paste-like.
2. Add ground beef and spices to a mixing bowl. Transfer the blended mixture into the bowl and mix by hand until fully combined.
3. Shape beef into oblong cigar-like forms on skewers (about 6–8 skewers).
4. Heat olive oil over medium heat. Cook skewers for 15 minutes, flipping halfway through.
5. Prepare yellow rice according to package directions.
6. Serve kafta over rice with tomato-cucumber salad, feta, and pita bread.
7. Pairs perfectly with [Oven-Roasted Greek Lemon Potatoes](#) for a complete Mediterranean meal.

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