

Homemade Beef Kofta Wraps - Quick 25-Minute Mediterranean Lunch

Beef Kofta Wraps with Garlic Sauce

TIME
25 min

PRINT
Recipe Card

SAVE
PDF

SOURCE
ChefManiac

INGREDIENTS

Beef Kofta:

- 1 pound ground beef
- 1 small onion, finely grated
- 2 cloves garlic, minced
- 2 tablespoons fresh parsley, chopped
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon paprika
- 1/2 teaspoon black pepper
- 1 teaspoon salt

Wraps and Toppings:

- 4 pita breads or flatbreads
- Sliced tomatoes
- Shredded lettuce
- Sliced red onion

Garlic Yogurt Sauce:

- 1/2 cup Greek yogurt
- 1 tablespoon lemon juice
- 1 tablespoon olive oil
- Salt, to taste

DIRECTIONS

- 1.** Mix the kofta ingredients: In a bowl, combine the ground beef, grated onion, garlic, parsley, cumin, coriander, paprika, black pepper, and salt. Mix until well combined.
- 2.** Shape the kofta: Form the mixture into small logs or oval patties.
- 3.** Cook the kofta: Heat a grill pan or skillet over medium heat and cook the kofta for 8-10 minutes, turning occasionally, until fully cooked and nicely browned.
- 4.** Prepare the garlic sauce: In a small bowl, mix Greek yogurt, garlic, lemon juice, olive oil, and a pinch of salt.
- 5.** Warm the bread: Heat the pita or flatbread briefly in a skillet or microwave until soft and warm.
- 6.** Assemble the wraps: Spread garlic sauce on the bread, add the cooked kofta, and top with tomatoes, lettuce, and red onion.
- 7.** Wrap and serve: Fold the bread around the filling and serve warm.

SWAPS & NOTES

This recipe is easy to customize depending on what you have available.

Ground meat options Ground lamb or a beef-lamb blend is traditional for kofta, but ground turkey also works well.

Bread options Pita bread is classic, but flatbread, naan, or tortillas can be used.

Sauce variations Add fresh dill or cucumber to the yogurt sauce for a tzatziki-style twist.

TIPS FOR SUCCESS

Grate the onion finely This helps distribute moisture and flavor throughout the kofta.

Don't overmix the meat Mix just until combined to keep the kofta tender.

Cook over medium heat This allows the kofta to brown nicely without drying out.

Warm the bread before assembling Warm pita is more flexible and easier to wrap.

