

Quick 25-Minute Beef Kofta Wraps with Creamy Garlic Sauce

Homemade Beef Kofta Wraps: A Quick 25-Minute Mediterranean Lunch



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25 min

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INGREDIENTS

Ground Beef: 1 pound (80/20 or 90/10 lean).
Onion: 1 small onion, finely grated (grating is the secret to moisture!).
Garlic: 2 cloves, minced.
Fresh Parsley: 2 tablespoons, finely chopped.
Ground Cumin: 1 teaspoon.
Ground Coriander: 1 teaspoon.
Paprika: 1/2 teaspoon.
Salt & Black Pepper: 1 teaspoon salt, 1/2 teaspoon pepper.
Greek Yogurt: 1/2 cup (plain).
Lemon Juice: 1 tablespoon, fresh.
Olive Oil: 1 tablespoon.
Salt: To taste.
Pita Bread: 4 warm pitas or large flatbreads.
Vegetables: Sliced tomatoes, shredded lettuce, and thinly sliced red onion.

Swaps and Notes:

The Meat: If you want a more traditional flavor, use ground lamb or a 50/50 mix of beef and lamb. For a lighter version, ground turkey or chicken works perfectly.

The Sauce: If you have extra time, you can add grated cucumber to the garlic sauce to turn it into a classic Tzatziki.

The Bread: If you're looking to cut carbs, these kofta patties are incredible served over a bed of

Light Tangy Chicken Salad or a simple cucumber-tomato salad.

Gluten-Free: Simply swap the pita for a gluten-free wrap or serve the kofta over a bowl of basmati rice.

Step-by-Step Instructions:

1. Prep the Kofta Mixture:
2. Shape the Kofta:
3. Sear to Perfection:
4. Mix the Garlic Sauce:
5. Warm the Pita:
6. Assemble:

Tips for Success:

Grate, Don't Chop: Grating the onion instead of chopping it ensures that the onion juice flavors every bite and keeps the meat incredibly moist.

Don't Overmix: Over-working the meat can make the kofta tough. Mix just until the ingredients are incorporated.

High Heat is Key: Use a cast-iron skillet if you have one. The high heat creates that "charred" flavor that is hallmark to authentic Mediterranean street food.

Serving Suggestions and Pairings:

Nutritional Information (Per Serving):

Calories: 420 kcal

Total Fat: 22g

Saturated Fat: 8g

DIRECTIONS

1. **Prep the Kofta Mixture:** In a large mixing bowl, combine the ground beef, grated onion, minced garlic, parsley, cumin, coriander, paprika, salt, and pepper. Use your hands to mix everything together until the spices are evenly distributed.
2. **Shape the Kofta:** Divide the meat mixture into 8 small logs or oval-shaped patties. If you're feeling fancy and have the time, you can mold them onto wooden skewers, but for a quick 25-minute lunch, patties are much faster.
3. **Sear to Perfection:** Heat a large skillet or grill pan over medium heat with a light drizzle of oil. Add the kofta and cook for 8 to 10 minutes, turning occasionally. You want a nice brown crust on the outside while ensuring the centers are juicy and fully cooked.
4. **Mix the Garlic Sauce:** While the meat is cooking, whisk together the Greek yogurt, minced garlic, lemon juice, olive oil, and a pinch of salt in a small bowl. Set aside so the flavors can meld.
5. **Warm the Pita:** Briefly warm your pita bread in a dry skillet or for 10 seconds in the microwave. This makes them much easier to fold without tearing.
6. **Assemble:** Spread a generous spoonful of garlic sauce down the center of each pita. Place two kofta patties on top, followed by lettuce, tomato, and red onion. Fold tightly and serve!
7. **Tips for Success:** Grate, Don't Chop: Grating the onion instead of chopping it ensures that the onion juice flavors every bite and keeps the meat incredibly moist.

8. **Don't : Overmix:** Over-working the meat can make the kofta tough. Mix just until the ingredients are incorporated.
9. **High : Heat is Key:** Use a cast-iron skillet if you have one. The high heat creates that "charred" flavor that is hallmark to authentic Mediterranean street food.
10. **Serving Suggestions and Pairings:** These wraps are a complete meal on their own, but if you're looking to feed a larger group, they pair beautifully with a Walking Taco Bar or some Sheet Pan Quesadillas for a multi-cultural feast.
11. **To keep the theme light,** serve with a side of hummus and pita chips or a simple chickpea salad. For a beverage pairing, a fresh mint lemonade or an iced hibiscus tea provides a refreshing contrast to the savory, spiced beef.
12. **Nutritional Information (Per Serving):** Calories: 420 kcal
13. **Total :** Fat: 22g
14. **Saturated :** Fat: 8g
15. **Carbohydrates:** 28g
16. **Protein:** 28g
17. **Fiber:** 3g
18. **Storage and Leftover Tips:** These wraps are excellent for meal prep. Store the cooked kofta and the garlic sauce in separate airtight containers in the refrigerator for up to 3 days.
19. **Reheating :** Tip: Warm the kofta in a pan with a splash of water to keep them from drying out, or enjoy them cold sliced over a salad for a refreshing next-day lunch.
20. **More Recipes You Will Love:** If you enjoyed the fast and fresh flavors of these wraps, you'll love these other crowd-pleasing dishes from chefmaniac.com:
21. **Mexican :** Chicken and Rice Casserole - Another one-pan winner for busy weeknights.
22. **Easy :** Sheet Pan Quesadillas - The fastest way to feed a group.
23. **Walking :** Taco Bar - Perfect for no-fuss entertaining.
24. **3-Ingredient Egg Wraps** - For those mornings when you're in a rush.
25. **Light :** Tangy Chicken Salad - A no-mayo fresh lunch alternative.

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