

Chapli Kebab (Pashto style)

Serves 3–4 · ~30 minutes



Photo: courtesy of Lambros

Ingredients (Sweden-friendly)

- 500 g minced beef (10–15% fat) — or lamb
- 1 small onion, grated then squeezed dry
- 1 medium tomato, deseeded & finely diced (+ extra slices for topping)
- 2–3 tbsp chopped fresh coriander (or parsley)
- 1–2 mild green chillies, finely chopped (optional)
- 2 tbsp coarsely crushed coriander seeds (lightly toasted)
- 1 tsp ground cumin
- ½ tsp black pepper
- 1 tsp salt (to taste)
- 1 egg
- 2 tbsp fine cornmeal (majsmjöl) or wheat flour
- Rapeseed oil, for shallow-frying
- To serve: naan or tunnbröd, lemon wedges, tomato–onion salad, yoghurt

Steps

- 1 **Mix.** Combine beef, onion, tomato, herbs, chillies, crushed coriander seeds, cumin, pepper, salt, egg and cornmeal. Mix gently; don't overwork.
- 2 **Shape.** Oil hands lightly. Form thin, wide patties (10–12 cm). Press a couple of tomato pieces onto the top.
- 3 **Fry.** Heat 3–4 mm rapeseed oil in a skillet over medium–high. Fry 3–4 min per side until deep brown and crisp at edges; cooked through.
- 4 **Serve.** Squeeze lemon over and serve with naan/tunnbröd, salad and yoghurt.

Notes

Cornmeal helps crisp the edges. Lamb works beautifully; keep some fat for flavor. Keep it mild by skipping chillies. For a Dari-leaning pairing, serve with Kabuli/Qabuli palaw.