

# Kafta with Potato

## Ingredients

- 1kg minced lamb meat
- 1/2 parsley garnish
- 1 small onion
- 3 gloves garlic
- Salt and Black pepper
- 1/2kg sliced potato
- Canola Noor oil

## Instructions (Above 30 Mins)

- In a blender, combine chopped onions, parsley and garlic
- Mix the chopped vegetables with minced meat.
- Add salt and black pepper.
- Slice the potatoes and fry them
- Arrange them in a baking tray topped with potato slices and bake in a hot oven until done.

## Nutritional Values

- **Calories: 500-600 kcal**
- **Protein: 30-40g**
- **Fat: 25-35g**
- **Carbohydrates: 20-30g**

Nutritional values are estimates and can vary significantly depending on factors such as ingredient brands, portion sizes, and cooking methods.