

Printfid00246hero lambvegekebabs 113 badge

Beef and Vegetable Kebabs

with Wholemeal Pita and Salad



20-30min



4 Portions

These lean grilled lamb skewers are a wonderful choice for a healthy midweek meal. We've served them with wholemeal wraps for extra goodness, plus a light yet satisfying cucumber salad - cucumbers are a good source of vitamin K, which is important for bone health, and it's perfect with the flavour-packed lamb.

What we send

- spice mix
- cherry tomatoes
- wholemeal pita bread ¹
- diced beef
- parsley, garlic
- Lebanese cucumbers
- zucchini
- Greek-style yoghurt ⁷
- lemon

What you'll require

- olive oil
- salt and pepper

Utensils

- chargrill or frypan
- foil
- grater
- Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

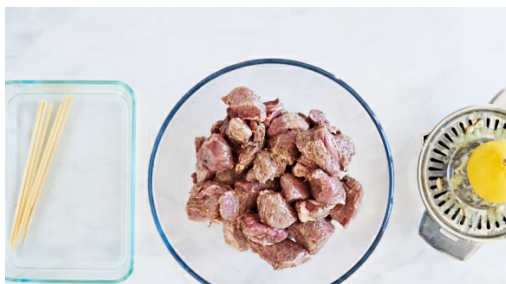
Keep cucumber and parsley separate, if preferred. You can also grill the meat and veggies separately instead of using skewers, if you like.

Allergens

Gluten (1), Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 660.0kcal, Fat 15.5g, Proteins 48.4g, Carbs 75.6g



1. Marinate beef

Soak 12 wooden skewers in cold water to prevent them burning when cooking. Squeeze juice from half the **lemon** into a large bowl. Cut the remaining lemon half into wedges. Add 1 tbs **oil** and the **spice blend** to the juice. Season with **salt and pepper**, if desired. Add **diced beef** and toss to coat.



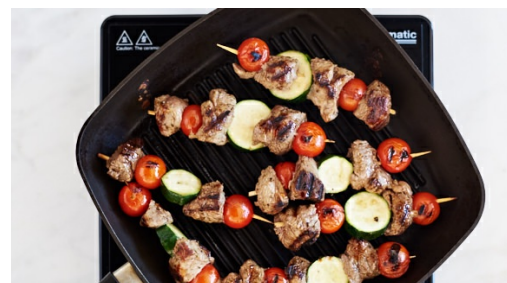
4. Prepare kebabs

Preheat a barbecue grill, chargrill pan or frypan to medium-high. Slice **zucchini** into 1 cm rounds. To make kebabs (see cooking tip), thread **beef** onto the skewers, alternating with the **cherry tomatoes** and zucchini slices. Wrap **pita bread** in foil.



2. Make cucumber salad

Cut the **cucumbers** in half lengthwise, use a teaspoon to scrape out the seeds, then dice. Pick the **parsley** leaves (discard stems) and coarsely chop, reserving a few sprigs to garnish. Combine the cucumber with 2 tsp **oil** and parsley.



5. Cook kebabs

Cook the **kebabs**, turning regularly, for 8-10 mins until cooked to your liking. Warm **bread** on barbecue for 5 mins, turning once or until warmed through.



3. Make yoghurt sauce

Finely grate the **garlic** and add about ½ tsp (or to taste) to the **yoghurt**. Season with a pinch of **salt**, if desired.



6. Get ready to serve

Spread each **pita bread** with **yoghurt sauce** and top with the **cucumber salad**. Add a **kebab**, removing the skewer before enclosing in the pita bread. Garnish with the reserved **parsley** sprigs and serve with **lemon wedges**.