

Webfid00195hero lambburger 120

## Lamb Pita

with Rustic Rocket Tabouleh



30-40min



4 Portions

Go on a culinary whirlwind tour of the Middle East with this traditional pita and tabouleh dinner. Being high in fibre, iron, protein and vitamins C, B12, K and A means that you and the family can enjoy a delicious, guilt-free meal.

## What we send

- lemon
- baby rocket
- parsley
- tomato
- tahini paste <sup>11</sup>
- Greek-style yoghurt <sup>7</sup>
- pita bread <sup>1,6</sup>
- lamb mince
- zucchini

## What you'll require

- egg <sup>3</sup>
- Australian honey
- olive oil
- salt and pepper

## Utensils

- foil
- large frypan
- oven tray

Our veggies come straight from the farm, so please wash them before cooking.

### Cooking tip

The zucchini needs to be in a single layer. If you don't have a large enough tray, grill in 2 batches.

### Allergens

Gluten (1), Egg (3), Soy (6), Milk (7), Sesame (11). May contain traces of other allergens.

### Nutrition per serving

Energy 600.0kcal, Fat 16.5g, Proteins 47.4g, Carbs 59.0g



### 1. Prepare ingredients

Preheat oven grill to medium-high. Line an oven tray with foil (see cooking tip). Slice the **zucchini** into long thin strips. Place the zucchini on the prepared tray and drizzle with a little **oil**. Grill for 5-8 mins until lightly charred. Transfer to a plate.



### 4. Make sauce

Mix the **yoghurt** with the **tahini**, 2 tsp **honey** and 1-2 tbs water in a bowl. Season with **salt and pepper** and mix until you get a dressing consistency.



### 2. Shape patties

Preheat oven to 180C. Using a fork or your hands, combine the **lamb** with **1 egg**. Divide the mixture into 8 portions and shape into small patties.



### 5. Make tabouleh

Coarsely chop the **tomatoes**. Finely chop the **parsley** leaves and stems. Juice half the **lemon** and cut the remaining half into wedges. Combine the tomato, parsley, **rocket**, 1 tbs **lemon juice** and 1 tbs **oil** in a bowl and season with **salt**.



### 3. Cook patties

Heat 2 tsp **oil** in a large frypan over medium heat. Cook the **patties** for 2-3 mins each side until browned. Transfer to the oven tray and bake for 5 mins or until cooked through. Meanwhile, wrap the **pita breads** in foil and place in the oven for 5 mins to warm through.



### 6. Get ready to serve

Lay the **pita breads** on a board and top with the **tabouleh**, **lamb patties**, **zucchini** and **tahini dressing**. Roll and cut in half. Serve with the remaining tabouleh and **lemon wedges**.