



# MARLEY SPOON



**UNDER  
30 MINS**

## Lamb Shish Kebab Rolls

 20-30min  2 Portions

Flatbreads are filled with all sorts of amazing concoctions all over the Middle East and here, we've created a filling that will have you feeling full and nourished. The lamb pieces are scented with coriander and cumin and chargrilled creating a lovely smokey flavour. The lamb is then placed in flatbreads with a fresh couscous salad, making this combo doubly delicious!

## What we send

- souvlaki <sup>1</sup>
- spice mix
- mint, 1 shallot
- lamb rump steak
- Lebanese cucumber
- roma tomatoes
- pomegranate molasses
- lemon
- Couscous <sup>1</sup>

## What you'll require

- caster sugar
- extra virgin olive oil
- salt and pepper

## Utensils

- large frypan

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

## Cooking tip

If you want to save time, you don't need to place the lamb on skewers, just cook them straight in the chargrill pan with the shallot wedges.

## Allergens

Gluten (1). May contain traces of other allergens.

## Nutrition per serving

Energy 785.0kcal, Fat 23.2g, Proteins 46.4g, Carbs 90.4g



### 1. Cook couscous

Place bamboo skewers in a shallow dish and cover with water (see cooking tip). Bring a kettle to the boil. Place **couscous** in a heatproof bowl with a little **salt**. Add 180ml ( $\frac{3}{4}$  cup) boiling water and stir. Cover with a tea towel and stand for 5 mins or until water is absorbed. Fluff up grains with a fork.



### 2. Prepare lamb

Trim any excess fat from the **lamb**. Cut into 2cm cubes. Zest the **lemon** over a large bowl. Add the lamb, **spice mix**, 1 tbs **oil** and some **salt and pepper** and stir well. Juice the lemon. Peel and cut the **shallot** into six wedges.



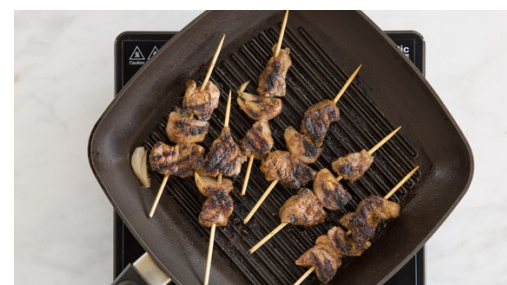
### 3. Prepare salad

Finely dice the **tomatoes**. Seed and dice the **cucumber**. Pick the **mint** leaves (discard stems) and finely chop. Stir the tomato, cucumber and mint through the **couscous**.



### 4. Make dressing

Whisk together 1 tbs **lemon juice** (reserve remaining juice), **pomegranate molasses**, 1 tsp **sugar** and 2 tbs **oil** and season with **salt and pepper**.



### 5. Cook lamb

Thread the **lamb** and **shallot** onto skewers. Heat a chargrill pan over high heat and cook kebabs for 2-3 mins each side until charred but still pink in the middle. Rest for 5 mins.



### 6. Heat bread

Cut the **flatbread** in half and make a pocket and heat in a frypan for 1-2 mins until warm. Fill with the **couscous salad** and the **lamb** and drizzle over the **dressing** to taste.