



### Product Spotlight: Natural Yoghurt

Natural yoghurt contains good bacteria, known as "Probiotics", which can aid digestion and support a healthy digestive tract!



## Lamb Pide Rolls

An easy version of the Turkish lamb pide! Lamb mince cooked with onion and mild spices in a toasted wholemeal roll, topped with yoghurt and mint and served alongside a fresh diced salsa.



25 minutes



2 servings



Lamb

26 May 2023

## Switch it up!

*You can use cumin seeds instead of ground cumin in the lamb mince. If you're not a fan of cumin, try smoked paprika or ground coriander for a different flavour!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	18g	56g

## FROM YOUR BOX

BROWN ONION	1
LAMB MINCE	250g
TOMATO PASTE	1 sachet
GREEN CAPSICUM	1
LEBANESE CUCUMBER	1
TOMATO	1
WHOLEMEAL HOTDOG ROLLS	2-pack
NATURAL YOGHURT	1 tub
MINT	1 packet

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground cumin, ground turmeric, vinegar (of choice)

## KEY UTENSILS

large frypan, oven tray

## NOTES

Red wine vinegar or apple cider vinegar work well in the salsa!

Toss any leftover mint through the salsa. You can top the rolls with salsa if preferred!

**No gluten option – hotdog rolls are replaced with GF Turkish rolls.**



### 1. BROWN THE LAMB

Set oven to 180°C (optional for bread).

Heat a frypan over medium-high heat with **oil**. Dice and add onion along with lamb mince. Add **2 tsp cumin** and **1/2 tsp turmeric**. Cook for 3 minutes until browned.



### 2. SIMMER THE LAMB

Stir in tomato paste and **1 tbsp water**. Simmer for 5-8 minutes. Season with **salt and pepper** to taste.



### 3. PREPARE THE SALSA

Dice capsicum, cucumber and tomato. Toss with **1/2 tbsp vinegar** and **1/2 tbsp olive oil** (see notes).



### 4. WARM THE BREAD

Cut an opening along the centre of the rolls. Place in oven to toast for 2-5 minutes until warmed through.



### 5. FINISH AND SERVE

Fill rolls with lamb mince. Spoon over yoghurt and garnish with sliced mint leaves to taste (see notes). Serve with salsa.



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