



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 roll, topped with yoghurt and mint and served alongside a fresh diced salsa.

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!



25 minutes



2 servings



Lamb

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	33g	36g	36g

FROM YOUR BOX

BROWN ONION	1
LAMB MINCE	300g
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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