



### Product Spotlight: Lemon

When zesting lemons, make sure to only remove the brightly coloured flesh of the peel. Avoid the white part, or pith, as this is quite bitter.



## Lamb Kebabs with Flat Bread and Dukkah Kisir

Diced lamb kebabs flavoured with a sumac spice blend, served over garlic yoghurt with dukkah kisir and wholemeal flatbreads.



35 minutes



4-6 servings



Lamb

## What is it?!

*Kisir is a Turkish salad, typically made with bulgur, tomato, onion and parsley. In this recipe, we have replaced the bulgur with dukkah. For extra flavour, add pomegranate molasses (or fresh pomegranate seeds), tomato paste and your favourite chilli!*

Per serve: **PROTEIN** 50g **TOTAL FAT** 57g **CARBOHYDRATES** 42g

## FROM YOUR BOX

GARLIC CLOVES	3
KOFTA SPICE MIX	1 packet
DICED LAMB LEG	800g
LEMON	1
YOGHURT	1 tub
RED ONION	1
LEBANESE CUCUMBERS	2
TOMATOES	2
PARSLEY	1 packet
DUKKAH	1 packet
FLAT BREADS	5-pack

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, skewers

## KEY UTENSILS

large frypan (or BBQ)

## NOTES

Place diced onion in a bowl with cold water in the fridge for 5-10 minutes to give onion a more mellow flavour.

Skip the skewers if preferred.

Toast the flatbread in a sandwich press or in a dry frypan if preferred.

**No gluten option - flatbreads are replaced with GF wraps.** Warm according to packet instructions.

*Dukkah: sesame seeds, almonds, spices, salt.*



### 1. MARINATE THE LAMB

Set oven to 180°C (see step 5).

Add 2 crushed garlic cloves to a bowl along with spice mix, **3 tbsp olive oil, salt and pepper**. Mix to combine. Add lamb, toss to coat and set aside to marinate.



### 2. MAKE THE GARLIC YOGHURT

Crush remaining garlic clove and zest lemon (reserve remaining lemon for step 3). Add to a bowl along with yoghurt, **salt and pepper**. Mix to combine. Set aside in the fridge until serving.



### 3. PREPARE THE KISIR

Add juice from 1/2 lemon (wedge remaining), **1 tbsp olive oil, salt and pepper** to a large bowl. Dice onion (see notes), cucumber and tomatoes. Finely chop parsley (including tender stems). Add to bowl as you go along with dukkah. Toss to combine.



### 4. COOK THE LAMB

Thread marinated lamb onto **skewers** (see notes). Heat a large frypan or BBQ over medium-high heat with **oil**. Add lamb and cook for 5 minutes each side until browned and cooked to your liking.



### 5. WARM THE FLAT BREADS

Optional: Wrap flatbreads in baking paper and warm in the oven for 3-4 minutes (see notes).



### 6. FINISH AND SERVE

Serve lamb kebabs, garlic yoghurt, dukkah kisir and flatbreads tableside.

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