

Lamb Souvlaki with Cucumber Salad

Serves: 4

Prep time: 30 minutes + 20 minutes chill time

Cook time: 15 minutes

 2 serves per portion

Ingredients

500g lamb mince
1 small onion, very finely chopped
1 garlic clove, crushed
Handful of flatleaf parsley and mint, roughly chopped
Cracked black pepper
2 tablespoons olive oil
4 medium pita breads
½ head iceberg lettuce, shredded
2 tomatoes, diced
2 tablespoons fresh dill, chopped

Cucumber Salad:

Juice of half a lemon
1 tablespoon olive oil
½ cup Greek yoghurt, reduced fat
2 small Lebanese cucumbers, diced
2 tablespoons feta, crumbled

Method

SOAK 8 wooden skewers in cold water for 30 minutes. Meanwhile, mix the lamb, onion, garlic, herbs and pepper in a large bowl. Using wet hands, shape the lamb mixture around the soaked skewers and sit them in the fridge for 20 minutes.

PREPARE the cucumber salad by combining the lemon juice, olive oil and yoghurt in a small bowl. Stir in the cucumber and crumbled feta. Set aside.

HEAT a frying pan over medium heat and add a drizzle of olive oil once hot.

FRY the lamb souvlaki in two batches, for about 3-4 minutes each side, until cooked through and slightly charred.

WIPE down the pan then lightly toast the pita breads.

SPREAD some of the cucumber salad onto each pita, then top with the lettuce, tomato, and lamb, and garnish with fresh dill.



Everyday Food

Recipe courtesy of the Country Kitchens team