

Family friendly



Lamb kebabs with tzatziki

Serves 1

130g lamb leg steak, diced

1 clove of garlic, peeled and crushed

2 tsp red wine vinegar

1 tsp olive oil

1 tsp dried oregano

½ tsp smoked paprika

½ tsp ground cumin

Salt and pepper

45g yoghurt, such as Greek, natural, soy

¼ cucumber, grated

½ clove of garlic, peeled and crushed

Small bunch of mint, leaves chopped

1 small wholewheat tortilla or pitta bread

1 large tomato, sliced

½ small red onion, finely sliced

25g feta, crumbled

Method

Put the lamb into a bowl, add the garlic, vinegar, oil, oregano, paprika, cumin and a pinch of salt and pepper. Toss to combine then cover and set aside to marinate; it needs at least 10 minutes but you can do this well in advance, just stick the bowl in the fridge until you're ready to cook the lamb.

Heat a griddle pan over a high heat and thread the lamb onto skewers. Grill for 3–4 minutes on each side then set aside to rest. Whilst the lamb rests, stir together the yoghurt, cucumber, garlic and mint to make the tzatziki and warm the tortilla or pitta bread on the griddle pan or in your toaster.

To serve, split the warm pitta open and pile in the lamb, tomato, onion and feta or spoon it onto the tortilla, drizzle over the tzatziki, close or roll up and serve.

Tips

Don't worry if you don't have skewers; just cook the individual pieces of lamb on the griddle, turning regularly until cooked through.

Alternative ingredients

To make this recipe dairy free you can swap the feta cheese for 50g of extra lamb.