



Cooking Made Easy

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Lamb Meatball Pitas with Yogurt Sauce

The Greeks have been making this dish for centuries, and for good reason too! Savory lamb meatballs are balanced with fresh veggies for crunch and color. Stuff it all into a toasted pita with a dill-yogurt sauce to cool it down!

40 min

level 1

nut free



Ground Lamb



Cumin



Dill



Whole Wheat Pitas



Greek Yogurt



Garlic



Red Onion



Lemon



Zucchini



Mint



Allspice



Romaine



Tomato

Ingredient	2 Person	4 Person
Ground Lamb	12 oz	24 oz
Cumin	1 t	2 t
Allspice	1 t	2 t
Dill	1 bunch	2 bunch
Whole Wheat Pitas	1)	4
Greek Yogurt	7)	1 C
Garlic	2 cloves	4 cloves
Red Onion	1	2
Lemon	1	2
Mint	1 sprig	2 sprig
Romaine Lettuce	1 head	2 heads
Tomato	1	2
Zucchini	1	2
Olive Oil*	2 T	4 T

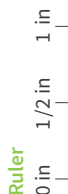
*Not included

Allergens

1)Wheat

7)Milk

Nutrition per serving Calories: 933 | Carbs: 67g | Fat: 57g | Protein: 49g | Fiber: 15g



3



1 Preheat the oven to 400 degrees. Halve, peel, and thinly slice half the **red onion**. Finely chop the other half. Finely chop the **dill** and the **mint leaves**. Mince or grate the **garlic**. Halve the **zucchini** lengthwise, then cut into 1/2-inch slices. Juice the **lemon**. Thinly slice the **lettuce** and the **tomato**.

2 Combine the **sliced red onion** with **half the lemon juice** and set aside to marinate.

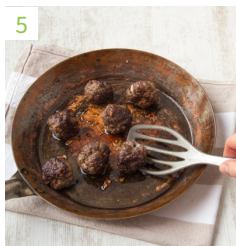
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3 Toss the **zucchini** with 1 tablespoon **olive oil** and a pinch of **salt** and **pepper**. Lay them out on a baking sheet and roast for 20 minutes, flipping halfway through.

4 Meanwhile, season the **lamb** with **cumin**, **allspice**, **garlic**, **chopped onion**, **half the mint**, and a large pinch of **salt** and **pepper**. Thoroughly mix with your hands. Form the mixture into ping pong-sized meatballs.

5



5 Heat 1 tablespoon **olive oil** in a pan over medium heat. Sear the **meatballs** for about 8 minutes, until golden brown and barely pink in the center.

6 Toast the **pitas** in the oven for 3 minutes, until heated through.

7 Combine the **yogurt** with **dill**, **remaining lemon juice** and **remaining mint**. Thoroughly mix and season with **salt** and **pepper**. Set aside.

7



8 Fill the **pitas** with **lettuce**, a few slices of **tomato**, **meatballs**, **pickled onions**, and a dollop of **yogurt sauce**. Serve with the roasted **zucchini** to the side.

Tip When searing meat, be sure not to overcrowd the pan, as this can cause it to steam rather than crisp up.