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Cooking Made Easy

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## Grilled Lamb Pitas with Cucumber Salsa and Salad

Benjamin Franklin once said there is nothing certain in this life, except for death and taxes. That sentiment was echoed down at the Fresh Farm recently, as we gazed out of the window at the rain. We decided to set up camp in the kitchen for lunch and these little pitas were the result. Combining fresh, herby flavours and a delicious cucumber salsa, they're the perfect antidote to the uncertainty of a British weather.

30 min

healthy



Vine Tomato



Baby Gem Lettuce



Red Onion



Wholemeal Pita



Flat Leaf Parsley



Mint



Cucumber



Natural Yoghurt



Lamb Mince



Cinnamon

## Ingredients

	2P	4P
Vine Tomato, chopped	2	4
Baby Gem Lettuce, chopped	1	2
Red Onion, sliced	½	1
Wholemeal Pita <b>2</b>	2	4
Flat Leaf Parsley, chopped	2 tbsp	4 tbsp
Mint, chopped	2 tbsp	4 tbsp
Cucumber, ribbons	½	1
Natural Yoghurt <b>1</b>	2 tbsp	4 tbsp
Lamb Mince	250g	500g
Cinnamon	½ tsp	1 tsp

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

## Allergens

1) Milk | 2) Gluten

**Nutrition per serving:** Calories: 491 kcal | Protein: 30 g | Carbs: 31 g | Fat: 27 g | Saturated Fat: 12 g



1

**1** Chop the tomatoes in 1cm cubes and coarsely chop the baby gem lettuce. Peel and cut the onion in half through the root and then slice one half of it into very thin, crescent shaped slices. Slice each pita bread in half. Finely chop the parsley and the mint.



2

**2** Peel the cucumber (discard the skin), then use your peeler to peel long thin ribbons. When you reach the soft part in the middle, rotate the cucumber a bit and carry on peeling. Mix the cucumber ribbons with 2 tbsp of yoghurt and half your sliced onion. Season with a pinch of salt and pepper.



4

**3** Pre-heat your grill to high heat.

**4** Mix together the lamb mince, the cinnamon and ¼ tsp of salt. Next, mix in ¾ of the parsley and mint. Work the mixture really thoroughly with your hands for a few mins.



5

**5** Divide the mixture into four portions and gently press each one into a burger shape. **Tip:** Try not to compact the meat too much. Rub a light coating of olive oil on each burger before transferring

them to a baking tray. Grill them on the top shelf nearest the grill for 3 mins on each side.

**6** In a bowl, mix together the baby gem lettuce and the other half of your sliced red onion. Mix in the tomatoes and the remaining parsley and mint. Season your salad with a pinch of salt and pepper before drizzling over a tsp of olive oil.

**7** Put your pita on a baking tray under the grill for about a minute on each side. **Tip:** Alternatively you can stick them in the toaster but keep an eye on them as they only need to be warmed up rather than crispy.

**8** Serve the lamb inside the pita, with a healthy spoonful of your cucumber relish and your salad on the side.