

SUMAC LAMB AND EGGPLANT KEBABS WITH MINT YOGHURT

SERVES 4–5
READY IN: 30 MINUTES
PREP TIME: 15 MINUTES
COOK TIME: 15 MINUTES

LAMB AND EGGPLANT KEBABS

2 tablespoons olive oil
2 eggplants, sliced into 1.5cm rounds
1 tablespoon sumac (optional)
600g lamb rump steaks (at room temperature)

MINT YOGHURT

1 cup natural unsweetened yoghurt
¼ cup chopped mint leaves
1–2 teaspoons runny honey
1 clove garlic, minced

TO SERVE

4–5 flat breads or wraps (store-bought)
½ red onion, thinly sliced
1 iceberg or cos lettuce (or any salad greens), finely shredded
2 carrots, peeled and cut into thin matchsticks or grated
¼ cup chopped parsley
2 tomatoes, thinly sliced
2 teaspoons sumac (optional)
¼ cup sliced mint leaves

PREHEAT BBQ grill to medium to high (if using).

1 Heat olive oil in a large fry-pan on medium heat (or use BBQ grill). Season eggplant with salt and fry, in batches, for about 2 minutes each side until golden. Remove from pan, sprinkle with sumac (if using) and set aside.

2 Pat lamb dry with paper towels and season with salt and pepper. Increase heat to high (or use BBQ grill), add a drizzle of olive oil and fry lamb for 2–3 minutes each side for medium-rare (depending on thickness) or until cooked to your liking. Remove from heat, cover and rest for 3 minutes.

3 In a small bowl mix all mint yoghurt ingredients together well and season with salt and pepper.

4 In same pan lamb was cooked in, reduce heat to medium (or use BBQ grill) and toast flat breads or wraps for 30 seconds each side until softened. Alternatively, wrap stack of flat breads or wraps in foil and warm in pan or on BBQ for 2–3 minutes. Slice lamb thinly against the grain.

TO SERVE fill flat breads or wraps with onion, lettuce, carrot, parsley, tomatoes, eggplant slices and some lamb. Finish with a dollop of mint yoghurt, a sprinkle of sumac (if using) and mint leaves. Roll up and enjoy!

ENERGY 2357kJ (561kcal)
CARBOHYDRATE 49.3g
PROTEIN 40.8g
FAT 19.4g



omit yoghurt