

Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



Lebanese Lamb wraps with Minted Tzatziki

Ingredients serves 8

- 1 cucumber
- 1 red onion
- 2 garlic cloves
- 1 lemon
- 50g flaked almonds
- 1 tsp ground sumac
- 8 tortilla wraps
- 4 tsp natural plain yoghurt
- 2 baby gem lettuces
- 2 whole carrots
- 1 tbsp ground cumin
- 500g lean lamb mince
- ¼ bunch fresh mint

Method

Cut the cucumber in half lengthways, then cut each half lengthways again. Chop it into little cubes.

Peel and finely chop the garlic and onion. Shred the lettuce and zest the lemon.

Shred the carrot lengthways.

Heat a frying pan and toast the almonds – watch all the time to make sure they do not burn!! Remove and set aside.

Heat a little oil in the frying pan over a medium heat. When hot, add the onion and cook until it softens.

Add the lamb mince, season with salt and pepper and fry for about 7-10 mins until browned off and cooked through. Drain any excess fat, then add the garlic, cumin and sumac and cook for a further minute. Taste and adjust seasoning to taste.

Turn oven on to 100°C and warm the tortillas for a few minutes.

To make the tzatziki shred the mint leaves and mix in a small mixing bowl with the yoghurt, cucumber and lemon zest. Season with a little salt and pepper.

Top the warmed tortillas with the lamb mixture, the salad and the tzatziki. Roll up with all the ingredients tucked inside. Garnish with the toasted almonds and some lemon wedges and enjoy eating with your hands.

Approx Per serving

Kcal 483

Fat 24g

Carbs 34g

Protein 34g