



Product Spotlight: Lamb Merguez

Merguez is a spiced sausage packed with flavour. It's originally from North Africa, and is tasty both pan-fried and used to flavour tagines or stews.



4 Lamb Sausage Wraps with Beetroot Tzatziki

This tasty lamb merguez sausage is served in satisfying wraps with homemade beetroot tzatziki & fresh, local veggies.

 20 minutes

 2 servings

 Lamb

12 October 2020

Picnic time

If weather permits, why not pre-make these wraps and bring them to the park or beach for a simple weeknight sunset picnic? It's nice to sometimes enjoy dinner somewhere unusual, and it doesn't need to be a hassle!

FROM YOUR BOX

BEETROOT	1
GARLIC CLOVE	1
PARSLEY	1/2 bunch *
NATURAL YOGHURT	1/2 tub (100g) *
LAMB MERGUEZ SAUSAGE	200g
LEBANESE FLATBREADS	1 packet
CHERRY TOMATOES	1/2 bag (100g) *
AVOCADO	1
GREEN CAPSICUM	1/2 *
BABY COS LETTUCE	1

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil, salt and pepper

KEY UTENSILS

frypan

NOTES

You don't need to peel the beetroot, simply wash it well before grating.

No lamb option - lamb merguez is replaced with smoked tandoori chicken breast fillet. Slice and pan-fry to heat, or simply keep cold.

No gluten option - flatbreads are replaced with GF wraps.



1. MAKE THE TZATZIKI

Grate the beetroot, crush 1/2-1 garlic clove and roughly chop 1 tbsp parsley (or to taste). Mix with **1/2 tbsp olive oil** and yoghurt, then season with **salt and pepper**.



2. COOK THE SAUSAGE

Set oven to 200°C (optional, for step 4).

Slice the sausage into rounds. Heat a frypan over medium heat and cook until golden and a little crispy. Remove to a plate.



3. HEAT THE FLATBREADS

Wrap the flatbreads in foil or baking paper and place in the oven for 5 minutes to heat through. Alternatively, heat individually in a sandwich toaster or frypan.



4. PREPARE THE SALAD

Chop cherry tomatoes, slice avocado and capsicum. Shred the lettuce. Chop any remaining parsley. Arrange on a plate for serving.



5. FINISH AND PLATE

Take all the components to the table for everyone to make their own wrap!

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

