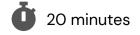




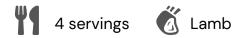
Lamb Sausage Wraps

with Beetroot Tzatziki

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







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 (250g) *
LAMB MERGUEZ SAUSAGE	200g
LEBANESE FLATBREADS	1 packet
TOMATOES	2
AVOCADO	1
RED CAPSICUM	1
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

Set oven to 200°C (optional, for step 3).

Grate the beetroot, crush garlic and roughly chop parsley. Mix with 1 tbsp olive oil and yoghurt, then season with salt and pepper.



2. COOK THE SAUSAGE

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

Slice tomatoes, avocado, and capsicum. Shred the lettuce. 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 O481 072 599 or send an email to hello@dinnertwist.com.au