



### Product Spotlight: Pepitas

With a wide variety of nutrients like magnesium, copper, protein and zinc, pepitas are nutritional powerhouses that can give your health an added boost.



## Lamb Kebabs

### with Roasted Kale and Sweet Potato Salad

Flavourful lamb kebabs served over a roasted sweet potato and crispy kale salad with a lemon and mustard dressing and toasted pepitas.



30 minutes



2 servings



Lamb

## Skip it!

*Don't have any skewers? Fear not! Simply form the seasoned lamb mince into sausages or use smaller amounts of mince to form into koftas.*

Per serve: **PROTEIN** 37g **TOTAL FAT** 95g **CARBOHYDRATES** 50g

## FROM YOUR BOX

SWEET POTATOES	400g
RED ONION	1
LAMB MINCE	300g
GARLIC CLOVE	1
KALE	3 leaves
PEPITAS	1 packet
LEMON	1
MUSTARD	1 jar
AVOCADO	1

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried rosemary, ground paprika, skewers, maple syrup

## KEY UTENSILS

large frypan, oven tray

## NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.



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### 1. ROAST THE SWEET POTATO

Set oven to 220°C.

Cut **sweet potato** into angular pieces. Wedge **red onion**. Toss on a lined oven tray with **oil**, **1 1/2 tsp paprika**, **1 1/2 tsp rosemary**, **salt and pepper**. Roast for 15 minutes (see step 4).



### 4. ADD KALE & PEPITAS

Roughly chop or tear **kale** leaves. Add to oven tray along with **pepitas**. Toss with sweet potato and onion. Add more **oil** if necessary. Roast for a further 5-8 minutes until kale is crisped on the edges.



### 2. PREPARE THE KEBABS

Add **lamb mince** to a bowl along with crushed **garlic clove**, **1 tsp paprika**, **salt and pepper**. Mix to combine. Divide into 4 equal portions (1/3 cup) and form **kebabs** onto **skewers**.



### 5. TOSS THE SALAD

Zest and juice **lemon**. Add to a large bowl along with **mustard**, **1/4 cup olive oil** and **1 tsp maple syrup**. Dice **avocado**. Add to bowl as you go along with roasted vegetables and pepitas. Toss to combine. Season to taste with **salt and pepper**.



### 3. COOK THE KEBABS

Heat a large frypan over medium-high heat. Add kebabs to pan and cook, turning, for 8-10 minutes until browned and cooked through.



### 6. FINISH AND SERVE

Divide salad among plates. Serve with kebabs.

**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**

