





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.







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.

PROTEIN TOTAL FAT 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.

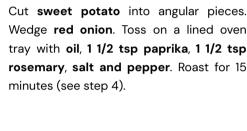




1. ROAST THE SWEET POTATO

Set oven to 220°C.

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





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.



Heat a large frypan over medium-high

heat. Add kebabs to pan and cook, turning,

for 8-10 minutes until browned and

3. COOK THE KEBABS

cooked through.



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.



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



