



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** 42g **TOTAL FAT** 55g **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
DIJON MUSTARD	1 small 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

Toast the pepitas for extra crunch!



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 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**.



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