



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 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
AVOCADO	1

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan, saucepan

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 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 **1 tsp 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**

