



### 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



4 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	TOTAL FAT	CARBOHYDRATES
	33g	77g	44g

## FROM YOUR BOX

SWEET POTATOES	800g
RED ONION	1
LAMB MINCE	600g
GARLIC CLOVES	2
KALE	1 bunch
PEPITAS	1 packet
LEMON	1
AVOCADOS	2

## FROM YOUR PANTRY

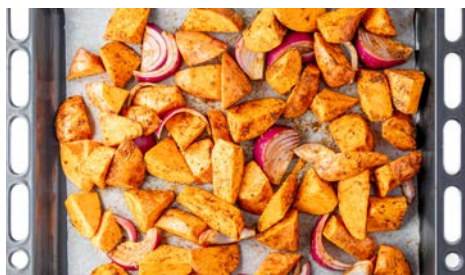
oil for cooking, salt, pepper, dried rosemary, ground paprika, skewers, dijon mustard, maple syrup

## 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.

Cut sweet potato into angular pieces. Wedge red onion. Toss on a lined oven tray with **oil, 2 tsp paprika, 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, **2 tsp paprika, salt and pepper**. Mix to combine. Divide into 8 equal portions (1/3 cup) and form kebabs onto **skewers**.



### 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.



### 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 avocados. 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.



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