



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 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	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
MUSTARD	1 jar
AVOCADOS	2

FROM YOUR PANTRY

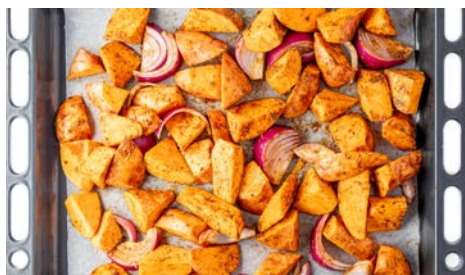
oil for cooking, salt, pepper, dried rosemary, ground paprika, skewers, maple syrup

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.

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 **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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