



### 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



4/6 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** 39g **TOTAL FAT** 51g **CARBOHYDRATES** 47g

## FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATOES	800g	1.2kg
RED ONION	1	2
LAMB MINCE	600g	600g + 300g
GARLIC CLOVES	2	3
KALE	1 bunch	1 bunch
PEPITAS	1 packet	2 packets
LEMON	1	1
DIJON MUSTARD	1 jar	2 jars
AVOCADOS	2	3

## 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!



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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, 2 tsp paprika, 2 tsp rosemary, salt and pepper**. Roast for 15 minutes (see step 4).

6P – use 3 tsp each paprika & rosemary.



### 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**.

6P – use 3 tsp paprika.



### 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 with **mustard, 1/4 cup olive oil** and **1 tsp maple syrup**. Dice **avocados** and add to bowl with **roasted vegetables** and **pepitas**. Toss to combine and season to taste with **salt and pepper**.

6P – use 1/3 cup olive oil and 2 tsp maple syrup.



### 6. FINISH AND SERVE

Divide **salad** among plates. Serve with **kebabs**.

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