

# UCCOOK

## Egyptian Lamb Pita

with tahini & a tomato salsa

Fluffy pita pockets are stuffed with a tantalising mixture of lamb mince and fragrant spices, before being baked until golden, crisp and delicious. It is served with creamy tzatziki and a tomato, dried pomegranate & cabbage salad. This little hand-held delicacy will have you closing your eyes with every delicious bite!

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**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Ella Nasser

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🍷 Adventurous Foodie

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🍷 Strandveld | Syrah

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## Ingredients & Prep

|      |  |
|------|--|
| 1    | Pita Bread   |
| 100g | Cabbage<br><i>thinly sliced</i>  |
| 150g | Free-range Lamb Mince  |
| 1    | Onion<br><i>¼ peeled &amp; finely diced</i>                              |
| 4g   | Fresh Parsley<br><i>rinsed, picked &amp; finely chopped</i>              |
| 15ml | NOMU Spice Mix<br><i>(10ml NOMU Moroccan Rub &amp; 5ml Ground Cumin)</i> |
| 25ml | Tahini   |
| 1    | Tomato<br><i>roughly diced</i>   |
| 10g  | Dried Pomegranate Gems   |
| 1    | Lemon<br><i>½ cut into wedges</i>  |
| 45ml | Tzatziki   |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water

**1. PITA PARTY** Preheat the oven to 220°C. Place the pita bread on a roasting tray and pop in the hot oven until heated through and softened, 1-3 minutes. On completion, halve the pita.

**2. CRAZY CABBAGE** Place a pan over medium heat with a drizzle of oil. When hot, add the sliced cabbage and fry until slightly softened, 3-5 minutes (shifting occasionally). Season.

**3. PITA POCKETS** In a bowl, combine the mince, ½ the sautéed cabbage, ½ the diced onion, the chopped parsley, the NOMU spice mix, the cumin, the tahini, and seasoning. Divide into 2 portions and stuff each portion into the pita halves, gently pressing to flatten. Lightly brush the pita halves with olive oil. Place on a baking tray and bake in the hot oven until browned and cooked through, 8-12 minutes (flipping halfway).

**4. LET'S SALSA** In a bowl, combine the diced tomato, the remaining diced onion (to taste) & cabbage, the dried pomegranate gems, the juice of 1 lemon wedge, a drizzle of olive oil, and seasoning.

**5. I GOTTA POCKET FULL OF SUNSHINE!** Plate up the fragrant stuffed pita pockets. Side with the tzatziki and the fresh tomato-cabbage salad. Wow, Chef!



## Chef's Tip

Here's a quick hack if you don't feel like chopping your onion and parsley: just pop it in a food processor or blender and pulse until finely chopped!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 685kj   |
| Energy             | 164kcal |
| Protein            | 9.5g    |
| Carbs              | 14g     |
| of which sugars    | 2.7g    |
| Fibre              | 2.1g    |
| Fat                | 7.6g    |
| of which saturated | 2.4g    |
| Sodium             | 198mg   |

## Allergens

Gluten, Dairy, Allium, Sesame, Wheat

Cook  
within 3  
Days