

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!

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Ella Nasser

 Adventurous Foodie

 Strandveld | Syrah

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Ingredients & Prep

3	Pita Breads
300g	Cabbage <i>thinly sliced</i>
450g	Free-range Lamb Mince
1	Onion <i>¾ peeled & finely diced</i>
12g	Fresh Parsley <i>rinsed, picked & finely chopped</i>
45ml	NOMU Spice Mix <i>(30ml NOMU Moroccan Rub & 15ml Ground Cumin)</i>
75ml	Tahini
2	Tomatoes <i>roughly diced</i>
30g	Dried Pomegranate Gems
2	Lemons <i>1½ cut into wedges</i>
125ml	Tzatziki

From Your Kitchen

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

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

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 6 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 3 lemon wedges, 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