

# Doner kebabs



**Serves 4**

**Prep 15 minutes**

**Cook 30 minutes**

## Ingredients:

- 1 heaped tsp oregano
- 1 tsp ground cinnamon
- half tsp ground cumin
- half tsp chilli flakes
- good pinch white pepper
- 2 cloves garlic, crushed
- grated zest and juice half lemon
- 1 egg, lightly beaten
- half slice wholemeal bread, crumbled
- 250g 10% fat minced lamb
- 4 wholemeal pitta breads (70g each)
- 4 large servings salad (cucumber, 100g iceberg lettuce, 300g tomatoes and 150g red onion)
- juice half lemon, to serve

## Method:

1. Add the oregano, cinnamon, cumin, chilli, pepper, garlic, lemon zest and juice to a bowl, along with the egg and crumbled bread. Mix well with a fork, breaking up the bread further.
2. Mix in the lamb and set aside for 10 minutes. Mix again and shape into a loaf about 6cm in diameter and 13.5cm in length.
3. Place on a baking sheet and cook in a preheated oven 190°C/gas 5 for 25–30 minutes.
4. Allow to cool for 5 minutes, then slice thinly, and stuff into pitta breads full of salad. Drizzle with lemon juice and serve.

## Tips:

- You can use any salad you like. To add a great crunch, use shredded raw cabbage, lettuce, red onion and cucumber, tossed in lemon juice.
- For the sauces (pictured): Tahini sauce: Add 2 tsp tahini to a dish and gradually mix in 3 tbsp low-fat yogurt and pinch white pepper. Tomato relish: Mix a finely chopped large tomato with 1 tbsp ketchup and dash of chilli sauce.

## Pasta in brodo



**Serves 2**

**Prep 10 minutes**

**Cook 10-15 minutes**

### **Ingredients:**

120g wholemeal pasta shapes (dried weight)

1 tbsp olive oil

1 onion, finely chopped

1 yellow pepper, chopped

1 carrot, diced

300ml vegetable stock, or 500ml reduced-salt vegetable stock

1 heaped tsp dried oregano

2 large vine tomatoes, chopped

50g fresh frozen edamame beans, defrosted

2 cabbage leaves, chopped

2 tsp pesto

10g Parmesan cheese, to serve

### **Method:**

1. Add the pasta to a pan of boiling water, cook for 8 minutes, then drain.
2. Meanwhile, add the olive oil to a pan and mix in the onion, yellow pepper and carrot. Stir regularly for 5 minutes, until starting to brown.
3. Add the stock and oregano, bring to the boil, then reduce the heat and add the edamame beans and cabbage. Bring back to a gentle boil, stirring regularly for 2 minutes.
4. Add the pasta, bring back again to a gentle boil, then remove from the heat.
5. Divide into two bowls and add a blob of pesto to each. To serve, sprinkle with plenty of black pepper and a little parmesan cheese.

### **Tips:**

- This is great for using up any dried, broken-up pasta and almost any vegetables.
- Choose reduced-salt stock to lower the salt in this dish, or make your own.
- Freezing instructions: Suitable for freezing once cooked. Then defrost in the fridge or microwave and reheat until piping hot throughout.