

Scotch Lamb and Tzatziki Pitta

Serves

4

Prep Time

10 mins

Cooking Time

15 mins



Ingredients

- 600g Scotch Lamb PGI leg steaks
- Juice of 1 medium orange
- Juice of 1 lime
- Juice of 1 lemon
- 30ml soy sauce
- ½ tsp chilli flakes
- ½ tsp ground cumin
- ½ tsp garlic powder
- ½ tsp ground ginger
- ½ tsp ground black pepper
- 1 x little gem lettuce, shredded
- 1 x red onion, thinly sliced
- 4 x pitta breads
- 120g reduced fat Greek yoghurt
- 1/3rd cucumber
- 1 x tsp dried mint
- 4 x kebab skewers

Cooking Method

- 1 - Chop the lamb steaks into chunks and put into a bowl.
- 2 - Squeeze the juice from the orange and the lime and pour over the lamb along with the soy sauce.
- 3 - Sprinkle over the chilli, cumin, garlic and ginger and mix well.
- 4 - Allow to marinate for 10 mins or longer if you have time.
- 5 - Remove the lamb from the marinade and divide between the skewers.
- 6 - Grill or BBQ for 15mins ? turning as you cook.
- 7 - Meanwhile make the tzatziki ? peel the cucumber ? cut in half and with a teaspoon scoop out the seeds.
- 8 - Mix the dried mint, cucumber and yoghurt together in a bowl and mix well.
- 9 - Grill the pittas ? split in half, divide the lettuce and red onion between the pittas.
- 10 - Top with the lamb, squeeze over the lemon juice and serve alongside the tzatziki.



Find all recipes at scotchkitchen.com