

Recipe Details

Description:	Great change for midweek
Serves:	4 portion(s)
Cooking Ability:	straightforward
Price Band:	medium
Times:	
- preparation	5 minutes
- hands-off	0 minutes
- cooking	10 minutes
Useful Information:	1/day serving
Utensils:	

Ingredients

- 2 clove fresh garlic, crushed (optional)
- 40 ml lemon juice
- 300 g natural yoghurt
- 1 tsp dried mixed herbs
- 1 tsp ground coriander (optional)
- 1 small red onion, thinly sliced (optional)
- 4 pitta bread
- 100 g iceberg lettuce, shredded
- 1 tsp ground cumin
- 1.5 tbsp fresh mint leaves (optional)
- 4 medium leg steak lamb

Instructions

- 1 Pre-heat grill to high.
- 2 Season the lamb and pop under the grill for 2 mins each side so it's brown but still very rare.

Instructions

- 3 Meanwhile mix together the cumin, coriander, mixed herbs, crushed garlic, half the mint & half the yoghurt. Spread this mixture over the lamb and pop back under the grill for another 2-3 mins until yoghurt is blistered.
- 4 Take the meat out & set aside to rest. Meanwhile toast the pitta bread.
- 5 Mix the remainder of the mint with the remainder of the yoghurt.
- 6 Cut the lamb into thick slices and stuff into the pitta bread with the lettuce, onion and minted yoghurt. Add a squeeze of lemon juice just before serving.

Note: Some recipes have optional ingredients. If you have listed any of these as 'dislikes', we have excluded them from your ingredient list. So please ignore any reference to them in the instructions. Don't fret, the recipe will still be yummy!!

Suggested accompaniments

- 4 portion(s) **Mixed salad (optional)**