

**GRILLED LAMB & VEGGIE ON PITA**

15 minutes

25 minutes

2 portions

INGREDIENTS

- 1 tsp of olive oil, (5 g)
- 1 large unit of zucchini, thinly sliced (323 g)
- 100 grams of eggplant, thinly sliced
- 1 red capsicum, sliced (164 g)
- 200 grams of lamb, loin, boneless
- 1/4 cup chopped of parsley, fresh (15 g)
- 1 tsp of lemon juice (5 g)
- 20 grams of tzatziki
- 2 large pita bread, wholemeal (128 g)

COOKING METHOD

- 1° Heat a large chargrill pan over medium-high heat. Lightly spray zucchini, eggplant and capsicum with oil. Cook for 2 minutes each side or until lightly charred and tender. Transfer to a bowl.
- 2° Spray lamb with oil and cook in same pan for 2-3 minutes each side, or until cooked to your liking. Thinly slice lamb and add to vegetables. Add parsley and lemon juice, toss to combine.
- 3° Spread tzatziki onto pita bread and top with lamb and vegetables. Season with freshly ground black pepper to serve.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (480 g)	% DRI
ENERGY	79 kcal	378 kcal	19 %
FAT	2 g	8 g	12 %
FATTY ACIDS, TOTAL SATURATED	0 g	2 g	9 %
CHOLESTEROL	14 mg	67 mg	22 %
SODIUM	74 mg	355 mg	15 %
CARBOHYDRATE	10 g	50 g	17 %
SUGARS	2 g	12 g	—
FIBER	2 g	9 g	36 %
PROTEIN	7 g	32 g	—