

# Jason Pettit – Capital Radio Recipe



## **Quick Doner Kebabs with garlic yoghurt sauce.**

Another retro British classic – this version is lighter, leaner and healthier! Hands on preparation time is 20 minutes but cooking time is only 5.

### **Ingredients – serves 4 people**

2 sm	lamb leg steaks (boneless, cut into 1inch chunks)
200 gm	minced lamb (lean)
1 med	onion (chopped roughly)
1 Tsp	ground coriander
1 Tsp	ground cumin
1 Tsp	flaked sea salt
	freshly milled black pepper
	plain flour for dusting
1 Tbsp	cooking oil

4 lg	pita bread (approx. 60gm each)
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### **garlic yoghurt sauce**

8 Tbsp	low fat yoghurt
2 sm	garlic cloves (finely grated)
	sea salt to taste

chili sauce of choice

2 lrg	tomatoes (sliced)
2 ea	cucumber (sliced)
1 sm	red onion (peeled & thinly sliced)

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½ head iceberg lettuce (washed & shredded)

## **Method**

Place lamb steak chunks, lamb mince, onion, coriander, cumin, salt & milled black pepper into a food processor.

Blitz until smooth.

Divide the mixture into 4 pieces and shape into balls.

Cut a large square of clingfilm and lightly dust with flour, then top with a ball of the lamb mixture. Fold cling over the top and flatten into a loose oblong shape. Roll the kebab to about 5mm thick.

Repeat for the remaining lamb balls, set all 4 aside.

Mix the yoghurt with the garlic and season to taste – set aside.

Place pita breads under a pre-heated grill following packet instructions until hot on both sides. Keep warm.

Pre heat a skillet / non-stick pan over a med – high heat.

Peel the top cover of clingfilm from each doner kebab then brush with oil.

Place 2 kebabs into the pan allowing space between each.

Sear for approx. 90seconds or so until the surface has nicely caramelized then turn and cook until lightly browned.

Remove from the pan and keep warm under a grill.

Repeat until all kebabs are cooked – rest for 1 minute.

Cut the pita's open to form a pocket.

Cut the doner kebabs in half.

Assemble the kebabs by placing a layer of shredded lettuce first, top with tomato and cucumber then a piece of kebab, top with sliced onion then the remaining half of kebab. Add as much garlic yoghurt sauce as desired. Once all pita's are filled, serve with lemon wedges | chili sauce | chili pickles etc

Notes from the chef:

*The lamb mix can be made in advance and stored in the fridge.*

*The yoghurt sauce can be made in advance in stored in the fridge.*

*The kebab mix can be made spicier by adding chili powder.*

*These are perfect as a lunch or supper meal but can be served with baked wedges and slaw for dinner.*

Tbsp - tablespoon

Tsp - teaspoon