



Hot cumin lamb wrap with crunchy slaw & spicy mayo

★★★★★ (4 ratings) By [Good Food](#) [Magazine subscription – 5 issues for £5](#)

L PREP: 10 MINS
COOK: 8 MINS

E EASY

S SERVES 4

A healthy kebab flatbread - make double the cabbage and carrot coleslaw and have leftovers for lunch



Nutrition: per serving

kcal	fat	saturates	carbs	sugars	fibre	protein	salt
661	29g	7g	67g	21g	9g	30g	1.5g

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Ingredients

- 4 small [lamb](#) leg steaks
- 2 tsp [olive oil](#)
- 1 heaped tsp ground cumin
- 1 tbsp [sugar](#)
- 3 tbsp white wine vinegar
- 2 [carrots](#), coarsely grated
- 2 [spring onions](#), finely sliced
- 400g/14oz white cabbage, very finely sliced
- 5 sweet peppadew peppers, 2 roughly sliced
- 3 tbsp mayonnaise
- 4 large pitta or flatbreads, warmed

Method

1. Heat a griddle pan. Rub the lamb steaks with the oil, cumin and some seasoning. Griddle for about 3-4 mins on each side or until cooked to your liking. Place to one side on a plate to rest.
2. In a large bowl, stir the sugar into the vinegar until dissolved. Add the carrots, spring onions, cabbage and some seasoning, and toss together.
3. Blitz the whole peppers and the mayo in a food processor. Add a heap of the salad to each flatbread. Slice the lamb, trimming off any excess fat and lay on top of the salad, drizzling with the resting juices. Spoon over the mayo and scatter with a few of the sliced peppers. Roll up and eat. If using pitta, split and stuff. Serve any extra salad on the side.



Minty lamb flatbreads

★★★★☆ (11 ratings)

By [Good Food](#)

[Magazine subscription – 5 issues for £5](#)

L PREP: 10 MINS
COOK: 12 MINS

E EASY

S SERVES 4

Serve these Turkish-style pizzas for a simple, speedy supper for friends



Nutrition:

kcal	fat	saturates	carbs	sugars	fibre	protein	salt
355	17g	7g	26g	4g	2g	25g	0.86g

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Ingredients

400g lamb mince

1 garlic clove, crushed

1 tsp ground cumin

2 tsp ground coriander

2 handfuls mint leaves, half chopped

2 large tomatoes, deseeded and diced

4 small khobez flatbreads or 4 soft flour tortillas (you can buy khobez flatbreads from larger Sainsbury's)

4 tbsp low-fat natural yogurt

Method

1. Cook the lamb mince for 5-6 mins in a non-stick frying pan over a high heat. When starting to brown, stir in the garlic and spices, then cook for 2-3 mins more until the mince is brown and there is no liquid left in the pan. Stir in the chopped mint, tomatoes and some seasoning.

2. Heat the grill to high. Arrange the flatbreads on a baking tray and spread the mince mixture over them. Grill for 2-3 mins. To serve, scatter over the whole mint leaves and drizzle with yogurt.



Turkish one-pan eggs & peppers (Menemen)

★★★★★ (69 ratings) By [Good Food](#) [Magazine subscription – 5 issues for £5](#)

PREP: 10 MINS
COOK: 25 MINS

EASY

SERVES 4

This gutsy dish is genuine street food and a brilliant family dish for brunch, lunch or supper.



Vegetarian Gluten-free Healthy

Nutrition: 222

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kcal	fat	saturates	carbs	sugars	fibre	protein	salt
222	15g	4g	12g	9g	3g	12g	0.39g

Ingredients

2 tbsp [olive oil](#)

2 [onions](#), sliced

1 red or green pepper, halved deseeded and sliced

1-2 red chillies, deseeded and sliced

400g can chopped [tomatoes](#)

1-2 tsp caster sugar

4 [eggs](#)

small bunch [parsley](#), roughly chopped

6 tbsp thick, creamy [yogurt](#)

2 garlic cloves, crushed

Method

1. Heat the oil in a heavy-based frying pan. Stir in the onions, pepper and chillies. Cook until they begin to soften. Add the tomatoes and sugar, mixing well. Cook until the liquid has reduced, season.
2. Using a wooden spoon, create 4 pockets in the tomato mixture and crack the eggs into them. Cover the pan and cook the eggs over a low heat until just set.
3. Beat the yogurt with the garlic and season. Sprinkle the menemen with parsley and serve from the frying pan with a dollop of the garlic-flavoured yogurt.



Smoky chicken skewers

★★★★★ (11 ratings) By [Jennifer Joyce](#) [Magazine subscription – 5 issues for £5](#)

L PREP: 15 MINS
COOK: 15 MINS
plus soaking

EASY

SERVES 6 - 8

A tapas-style canapé of marinated and grilled chicken kebabs, best served with smoked garlic mayonnaise dip



* Freezable

Nutrition: per serving (6)

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kcal	fat	saturates	carbs	sugars	fibre	protein	salt
126	6g	1g	0g	0g	0g	18g	0.2g

Ingredients

- 6 boneless, skinless chicken thighs (about 500g/1lb 2oz)
- 2 tbsp [olive oil](#)
- 1 tsp [fennel seed](#), crushed
- 1 tsp ground cumin
- 1 tsp sweet smoked [paprika](#) (pimenton)
- 1 garlic clove, crushed
- 1 tsp red wine vinegar
- smoky aioli, to serve (see tips below)

Method

- 1.** You need 15 skewers: if wooden, soak in water for 10 mins. Cut chicken into 3cm pieces and place in a bowl. Add 1 tbsp olive oil, the spices, garlic and vinegar, toss well and season. You can do this up to a day before and refrigerate.
- 2.** Thread 2-3 pieces on each skewer. Pour remaining oil in a frying pan or rub onto a griddle pan. Get the pan hot and sear the chicken for 3-4 mins on each side – you may have to do this in batches, keeping the cooked skewers warm in a low oven. Serve with smoky aioli if you like.



Spicy falafels

★★★★★ (101 ratings)

By [Good Food](#)

[Magazine subscription – 5 issues for £5](#)

L PREP: 10 MINS
COOK: 10 MINS
ready in 20 minutes

EASY

SERVES 6

Cheap and dead easy to make - stuff them into pittas with salad, or serve with couscous and houmous



* Freezable Vegetarian

Nutrition: per falafel

kcal	fat	saturates	carbs	sugars	fibre	protein	salt
105	6g	1g	8g	1g	2g	5g	0.27g

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Ingredients

- 2 tbsp sunflower or vegetable oil
- 1 small onion, finely chopped
- 1 garlic clove, crushed
- 400g can chickpea, washed and drained
- 1 tsp ground cumin
- 1 tsp ground coriander (or use more cumin)
- handful parsley, chopped, or 1 tsp dried mixed herbs
- 1 egg, beaten

Method

1. Heat 1 tbsp oil in a large pan, then fry the onion and garlic over a low heat for 5 mins until softened. Tip into a large mixing bowl with the chickpeas and spices, then mash together with a fork or potato masher until the chickpeas are totally broken down. Stir in the parsley or dried herbs, with seasoning to taste. Add the egg, then squish the mixture together with your hands.
2. Mould the mix into 6 balls, then flatten into patties. Heat the remaining oil in the pan, then fry the falafels on a medium heat for 3 mins on each side, until golden brown and firm. Serve hot or cold with couscous, pitta bread or salad.