

CALORIE CONTROL RECIPES

MAINS

Moroccan Kebabs – serves 4

4 large pieces of pita bread
375 g premium beef mince
½ cup cracked wheat (burghul)
2 tsp Moroccan seasoning
1 med white onion, very finely chopped
1 egg, lightly beaten
3 medium tomatoes, diced
1 Tbsp mint, roughly chopped
2 tsp olive oil
2 tsp red wine vinegar
lettuce
hummus (optional)

Wrap pita bread in foil and heat in the oven for 15 minutes. Meanwhile, combine beef, burghul, seasoning, onion and egg in a bowl. Shape mixture into 8 patties. Heat a non-stick frying pan with cooking spray and cook patties about 4-5 minutes each side. Combine tomato and mint with olive oil and vinegar in a bowl and serve with the patties and lettuce on the pita bread. Spread with hummus.