Lamb Pita Pockets

INGREDIENTS

- 1 large brown onion
- 3-4 cloves crushed garlic
- 500g lamb mince
- 1/2 teaspoon coriander, ground
- 1 teaspoon all spice
- 1/4 teaspoon cumin, ground
- 1/2 teaspoon Hungarian/sweet paprika
- 1 cup sliced mushrooms
- 1/3 cup roughly chopped flat leaf parsley
- S&P
- olive oil

Pocket filling:

- 425g Pita pockets (approximately a packet of 4)
- 100g feta, crumbed
- 3 spring onions, finely sliced
- 200g cherry tomatoes, cut in halves
- 60g baby spinach leaves
- 100g kalamata olives, sliced in half
- 1 lime, cut into wedges

INSTRUCTIONS:

1. Place a glug of olive oil in a sauté pan on medium low heat. Sauté onion until translucent. Turn heat up to medium high heat and brown mince lamb, breaking up and lumps. Stir in crushed garlic and cook for a minute until fragrant.
2. Add ground coriander, all spice, cumin & paprika and evenly coat mince mixture. Turn het down to medium low and fold in mushrooms, parsley & season with salt and pepper. Simmer on low for a couple of minutes and turn heat off. Allow mixture to cool slightly before stuffing pita pockets. Pre heat your oven to 200C fan forced while you wait for mixture to slightly cool and prep other ingredients.
3. If using packet pita pockets, microwave for 30 seconds prior to stuffing them to avoid pita pocket from cracking. Open pita pocket, spoon mince mixture into pita along with feta, spring onions, cherry tomatoes, olives and baby spinach. You want to fill them enough to be full but not bursting. Place stuffed pita pockets on a lined baking tray, drizzle with olive oil & bake on middle rack for approximately 8 minutes. Squeeze lime over pita pockets and enjoy.
4. Serve with a gorgeous garden salad marinated with pomegranate molasses or some tzaziki dip.