

Save Our Stomachs

QUICK LAMB WRAPS



These are great portable, hot snacks made with strips of lean lamb and will certainly go down a storm with your mates.

Ask your independent butcher for advice on suitable cuts for stir-fries or visit your local supermarket and pick up a packet of prepared stir-fry strips at the chilled meat cabinet.

This recipe serves 4 people and takes 10 minutes to prepare and under 10 minutes to cook

Cooking equipment you will need:

- a large non-stick wok or frying pan
- a chopping board
- a sharp knife
- a garlic crusher (if you have one)
- a wooden spoon
- a dessertspoon
- a tablespoon
- a sieve
- a small bowl
- Napkins
- Cocktail sticks

Ingredients you will need:

- 1tbsp oil
- 2 garlic cloves
- 450g Quality Standard lamb stir-fry strips
- 100g mushrooms, wiped, not washed
- Handful fresh mint
- Handful fresh parsley
- 100g rice
- Juice of 1 lemon
- Salt and pepper

8 prepared flour tortillas
8tbsp natural or Greek yohurt
2tbsp prepared mint sauce

To prepare your ingredients:

- Finely crush or chop the garlic
- Finely slice the mushrooms
- Roughly chop the herbs
- Cook the rice according to the packet instructions, drain, cool and set aside for later
- In a small bowl mix together the yogurt and mint sauce and set aside

To cook the recipe:

- Heat the oil in the wok or frying pan and cook the garlic and lamb stir-fry strips for 3-4 minutes until brown
- Add the mushrooms and cook for 2-3 minutes. Stir in the herbs, cooked rice, lemon juice and salt and pepper. Heat for 1-2 minutes
- To assemble the wraps place the tortillas on a clean work surface. Spread a dessertspoon of the yogurt mixture over each tortilla and add a large spoonful of the filling.
- Fold up to make a neat roll, secure with a cocktail stick or wrap individually in a napkin and serve with a crunchy salad