Lamb meatball & Greek salad wrap

Serves 4

Preparation time: 20 minutes Cooking time: 10 minutes

400g lean lamb mince or lean beef mince

1 small onion, finely grated

1 small zucchini, trimmed, grated, squeezed of excess

moisture

1 small carrot, peeled, finely grated

1/4 cup chopped fresh flat-leaf parsley

1 tbsp olive oil

250g cherry tomatoes, halved

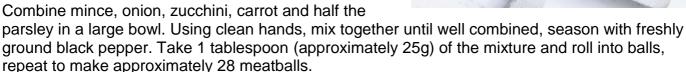
1 Lebanese cucumber, chopped

1 red capsicum, seeded, diced

4 whole grain (70g each) wraps

85g (⅓ cup) babganoush

120g (4 large handfuls) baby spinach leaves



Heat half the oil in a large frying pan over a medium-high heat. Add the meatballs and cook, turning occasionally for 8-10 minutes or until cooked through and golden brown.

Meanwhile, combine tomatoes, cucumber, capsicum, remaining parsley and olive oil in a medium bowl. Season pepper.

To serve, spread each wrap with some babaganoush, top with spinach leaves, Greek salad and up to 7 meatballs. Wrap to enclose.

