

## 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  
¼ 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

Combine mince, onion, zucchini, carrot and half the parsley in a large bowl. Using clean hands, mix together until well combined, season with freshly ground black pepper. Take 1 tablespoon (approximately 25g) of the mixture and roll into balls, repeat to make approximately 28 meatballs.

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.

