

FAKEAWAY – Doner Kebab



Sometimes the craving for a cheeky kebab just gets too much, but with the average doner kebab containing more than 2000 calories and double your daily salt allowance, it just isn't always worth it. So here is an alternative to feeding that craving that comes in at a lot lower 600 calories on average per serving, including a pitta bread and sauce!

Ingredients

500g lamb mince
1 small onion, coarsely grates
4 garlic cloves, finely chopped
100g breadcrumbs
2 tsp ground cumin
2 tsp ground coriander
1 tsp dried oregano
¼ tsp smoked paprika
Sunflower for oiling

To serve suggestions

Pitta bread
Shredded cabbage
Sliced onion
Pickled chillies
Garlic yoghurt sauce

Step one

Heat the oven to 180c. Tip all the ingredients, but the oil, in to the food processor with a pinch of salt and pepper. Pulse until everything is combined together. If you don't have a food processor just squish everything together in a bowl, it will just give you a looser finish.

Step two

Oil a large sheet of foil, tip the mixture in to the middle and mould to a very thick sausage. Roll the tin foil tightly, twisting the ends to create a Christmas cracker shape.

Step three

Lay on a shallow roasting tin and place in the oven for 35-40 minutes, turning occasionally. Once cooked leave the kebab to cool a little then unwrap the foil. Place back on the tray to brown under the grill.

Step four

Place on a board and carve in to thin slices. Serve with a warm pitta, sauce and salads.