

## Turkey and Feta Kebabs



**Serves 4    Prep 15 mins**

**Cooking 25 mins**

**Easy**

### **Ingredients**

500g 7% fat turkey mince  
100g feta, crumbled  
2 spring onions, trimmed & finely chopped  
1 lemon, zested and juiced  
2 tbsp parsley finely chopped  
1 tbsp olive oil 1 cucumber, halved & deseeded  
160g thick Greek-style yogurt  
2 tbsp mint leaves finely chopped (optional)  
320g cherry tomatoes, quartered  
½ red onion, thinly sliced  
4 wholemeal pittas

1. Soak eight wooden skewers in warm water for 15 minutes. Mix the mince, feta, spring onions, lemon zest and parsley in a large bowl. Season and use wet hands to shape the mixture around the skewers. Drizzle with the oil.
2. Put a griddle pan on a medium heat, or heat the grill to medium and, once hot, cook the kebabs for 10-12 minutes, turning occasionally until cooked through.
3. Meanwhile, coarsely grate the cucumber. Transfer to a clean kitchen towel and gently squeeze out any excess liquid into the sink. Mix the cucumber with the yogurt, garlic, mint and half the lemon juice in a bowl, and season. Combine the tomatoes with the red onion and remaining lemon juice, and season.
4. Warm the pittas following pack instructions, then halve and serve with the kebabs, tzatziki, and tomato and onion salad.