



Lamb Smash Tacos with Garlicky Greek Tzatziki

Tender, flavorful lamb gets a crispy, caramelized sear in these irresistible smash tacos, topped with a creamy, garlicky Greek tzatziki that adds a refreshing tang. Finished with fresh herbs and a squeeze of zesty lemon, every bite bursts with savory, vibrant Mediterranean flavors wrapped in a soft, warm tortilla. Perfectly balanced, bold, and utterly crave-worthy.

Nutritional Info

Calories: 499 kcal
Carbohydrates: 43 g
Protein: 31.5 g
Fat: 23 g

Ingredients

- Lamb mince
- Greek yoghurt
- Fresh Parsley
- Taco wraps
- Baby cucumber
- Cherry tomatoes
- Spice Mix:
 - Ground cumin
 - Dried oregano
 - Paprika
- Lettuce
- Garlic

Your Pantry

- Olive Oil
- Salt & Pepper

Allergens


Wheat (Tortilla)
Milk (Yoghurt)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) **Prepare the vegetables**

Halve the tomatoes. Finely chop the parsley. Roughly chop the lettuce. Very finely chop the cucumber. Peel and crush the garlic. Set aside about one quarter of the garlic for the tzatziki and the rest for the mince.

2) **Make the tzatziki**

Add the yoghurt to a bowl with some cucumber, parsley, and a little garlic (starts small and work your way up!). Season with salt & pepper and mix well. Taste, and add a little more garlic if needed.

3) **Make the tacos**

In a bowl mix the mince, half the garlic, a pinch of salt, and spice mix until thoroughly combined. Lay out the taco wraps and split the mix evenly across them. Use the back of a fork to spread the meat across the wrap until you achieve a thin and even layer over the top of the taco.

4) **Cook the tacos**

Place a non-stick frying pan on medium heat. Once hot, lay the wraps meat-side down on the pan. Fry for 3-4 minutes, then very carefully use a thin spatula to lift the wrap and flip it over. Cook for another 30 seconds or until the bread side is golden and crisping and the meat is cooked. Transfer to a warm plate and repeat until all the tacos are cooked.

5) **Assemble the dish**

Top the tacos with the chopped tomatoes, lettuce some tzatziki. Enjoy!



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