



Sheet Pan Kebab (4 portions)

Ingredients:

- 500g extra lean ground beef (5% fat)
- 1 bell pepper
- 1/2 onion
- 2 garlic cloves
- handful of cilantro
- handful of mint
- 1 tbsp tomato paste
- 1 tsp cumin
- 1 tsp paprika
- 1 tsp sumac (or lemon zest)
- sea salt
- 1 green pepper
- 1 tomato
- 1/2 onion
- 1/2 lemon
- 1 tsp olive oil
- sea salt

Fresh salad:

- 1 tomato finely chopped
- 1/4 onion finely chopped
- small handful cilantro chopped
- small handful mint chopped
- juice of 1/2 lemon
- sea salt

Yogurt sauce:

- 200g 0% Greek yogurt
- juice of 1/2 lemon
- 1 small garlic clove grated or crushed
- sea salt

To serve:

- 4 small flatbreads

Method:

- preheat your oven or air fryer to 200°C / 400°F
- blend the bell pepper, onion, garlic, cilantro and mint until smooth, then strain to remove excess liquid
- in a large bowl add the ground beef, strained veggie, tomato paste, spices and sea salt, mix until fully combined
- in a sheet pan spread the meat onto the tray and with the help of a spatula divide it into lines to create your kebabs
- add the green pepper, tomato and onion, drizzle with olive oil, lemon juice and sea salt
- bake for 20–25 minutes or until cooked through and juicy. If you want more color, broil for the last 3–5 minutes
- in the meantime make the salad by mixing chopped tomatoes, onion, cilantro, mint, lemon juice and salt in a bowl
- make the yogurt sauce by mixing the Greek yogurt with lemon juice, garlic and sea salt until smooth and creamy
- heat your flatbread, dip it lightly into the meat juices from the tray, then assemble with yogurt sauce, kebab, fresh salad and roasted veggies.

- ➔ Lose belly fat EASY
- ➔ Meals that end cravings
- ➔ Enjoy your fav foods

Because delicious food does **NOT make you gain weight**, just like a salad **doesn't make you lose it!** Everything depends on **HOW** you cook it.

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