



Recipes

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Grilled Lamb with Curry Spiked Vegetables

Prep Time: 40 Minutes

Cooking Time: 1 Minutes

Serves 1

Ingredients:

- 1 each 12" Spinach Herb Wrap (10251)
- 1 oz. vol. Plain Yogurt
- 1 oz. vol. Feta Cheese Crumbles
- 6 oz. vol. Basmati Rice , prepared
- 3 oz. wt. Minted Lamb , see related recipe , thinly sliced
- 2 oz. vol. Curried Pickled Vegetables , see related recipe

Directions:

1. Heat tortilla and place on work surface.
2. Spread yogurt evenly over entire tortilla and sprinkle with Feta cheese crumbles.
3. Place Basmati rice at 12 o'clock in center of tortilla, leaving bottom half plain. (This wrap is served open ended; for ingredients to show at the top it is best to leave bottom open.)
4. Top rice with sliced grilled lamb and curried pickled vegetables.
5. Bring bottom half of tortilla towards top of ingredients and fold right side over ingredients.
6. Secure ingredients together while folding right side over.
7. Fold over with left half of tortilla and serve.





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Curried Pickled Vegetables

Serves 1

Ingredients:

1 Tbsp. Curry Powder
1/2 cup Granulated Sugar
1 Tbsp. Honey
1 cup Apple Cider Vinegar
2 cups Matchstick Carrots
2 cups Red Onions
2 cups Cucumbers
2 tsp. Mint Leaves , chopped

Directions:

1. Place vegetables in a bowl and set aside.
 2. Heat sugar, curry, vinegar and honey in small saucepan over medium heat. Bring to a simmer and remove from heat.
 3. Cool completely and pour over vegetables. Marinate vegetables at least 1 hour to allow flavors to develop.
 4. Cover, Label, Date and Refrigerate.
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Grilled Lamb

Serves 1

Ingredients:

- 2 lbs. Boneless Lamb Chops
- 3/4 cup Mint Leaves , loosely packed
- 3/4 cup Yellow Onion , chopped
- 1 tsp. Garlic , minced
- 1/8 cup Sherry Wine
- 1/4 cup Soy Sauce
- 1.5 tsp. Black Peppers

Directions:

1. Place lamb in a mixing bowl.
2. Place mint, onion, garlic, sherry, soy sauce and black pepper together in a food processor.
3. Blend until onion is minced.
4. Remove mint marinade from bowl and pour over lamb.
5. Marinade at least 2-4 hours. When ready to serve place on preheated grill and cook until desired doneness.
6. Remove from grill and thinly slice.