Method:

Slice lamb into very thin strips. Place the olive oil and Mediterranean herb blend into a glass bowl, massage the oil and herb mix into the lamb, cover with cling film and allow to marinate for minimum 30 minutes, overnight if time permits.

While lamb marinates (or prior to cooking) thinly slice the tomato and onion and prepare mixed green leaves. Set aside,

Cut 2 foil sheets 10cm larger all around than your pita bread. Cut 2 baking paper sheets the same size as the pita. Place one sheet of baking paper on top of each sheet of foil. This helps to wrap and eat the yiros!

For tzatziki sauce: Whisk all ingredients together and season with salt and pepper, to taste. Chill until ready to serve.

Heat BBQ cooking plate, and lightly oil.

Lightly spray one side of a pita with cooking spray and place this side down on your BBQ. Fry off the lamb strips in stages, ensuring not to stew the meat. The meat will be ready once there is a slight 'char' on the edges, but the center is still tender.

Once the lamb is cooked remove from heat, keeping to one side, covered to retain heat.

To serve, place one toasted pita on top of paper/foil, and layer, salads, lamb and tzatziki sauce, roll package in the paper/foil. Twist the bottom of the foil to catch the juices. The Meta Mataro 'SINGS' with Lamb and Rosemary!!!

there are endless optional condiments – feel free to add your favourite

Lamb Yiros with Rosemary Tzatziki

Ingredients:

300g lamb, backstrap

1 tablespoon Mediterranean herb & spice mix

1 tablespoon olive oil

1pk medium pita bread (or homemade)

1 medium tomato sliced.

1⁄2 small red onion finely sliced.

1⁄4 mixed green salad leaves rinsed & chopped.

¼ cup grated cheese (optional)

Tzatziki sauce:

1/2 cup organic Greek yogurt

1/4 cup grated cucumber, squeezed & drained of excess water liquid.

1 Tbsp. finely chopped spring onion.

½ tsp extra virgin olive oil

30ml - juice of 1 lemon

1 garlic clove finely chopped.

1 Tbsp. fresh rosemary finely chopped.