Baked Turkey Kofta Pita Sandwich

4 servings, 520 kcal

Ingredients

- 1 pound ground turkey
- ½ onion diced
- ½ cup cilantro washed and finely chopped, plus more for serving
- ¼ cup bread crumbs
- ½ teaspoon salt or to taste
- 1 teaspoon cumin
- 1 teaspoon paprika
- ½ teaspoon cinnamon
- 1 egg optional
- 4 Pita breads
- ½ cup tahini sauce
- 2 TBs Harissa or more, to taste
- 4 Pickled Jalapenos or Pickles optional
- Lemon for serving

Directions

1. In a bowl, combine ground turkey, diced onion, bread crumbs, and chopped cilantro.
2. Add a pinch of cumin, paprika, salt, and pepper to the mixture.
   If it holds together, you don't need to use an egg.
3. Place the mixture in the fridge for 30 minutes to firm up.
4. If using wooden skewers, soak them in water to prevent burning.
5. Shape the turkey mixture into elongated kebabs around the skewers.
   Wet your hands to make this easier.
6. Preheat your oven to a high grill setting (around 400-450°F).
7. Place a drying rack on a baking sheet and arrange the kebab skewers on top.
8. Grill the kebabs for 5 minutes on each side, turning them carefully.
9. Warm the pita bread in the oven for a few minutes or in a toaster.
10. To assemble the pita, start by spreading a spoonful of tahini sauce on the pita's inner surface.

11. Place a couple of the cooked turkey kebabs on the sauce.
12. Drizzle some harissa for a spicy kick.
13. Add a few pickles if desired.
14. Sprinkle more fresh cilantro over the kebabs. Drizzle with lemon juice.
15. Carefully roll up the pita, enclosing the ingredients snugly.

Enjoy your tasty turkey kebab pita!

Equipment

- Wooden skewers
- Cookie rack
- Baking sheet

Nutrition

Serving: 1gCalories: 520kcalCarbohydrates: 47gProtein: 40gFat: 20gSaturated Fat: 3gPolyunsaturated Fat: 8gMonounsaturated Fat: 7gTrans Fat: 0.03gCholesterol: 103mgSodium: 1078mgPotassium: 665mgFiber: 4gSugar: 2gVitamin A: 556IUVitamin C: 6mgCalcium: 129mgIron: 4mg