

Salt and Serenity

Turkey Koobideh Pita Sandwiches

Turkey Koobideh recipe is adapted from www.gatheratable.com

Vegan Tzatziki recipe is adapted from melissas_healthykitchen on Instagram

Serves 4

Kebabs

- 12 skewers (if wooden, soak for 30 minutes before using)
- 1 large onion, grated on the large holes of a box grater
- 1 pound ground turkey
- 1 tablespoon refined coconut oil (room temperature)
- $\frac{3}{4}$ teaspoon kosher salt
- 2 teaspoons sumac
- $1\frac{1}{2}$ teaspoons turmeric
- $\frac{1}{2}$ -1 teaspoon Aleppo pepper or red pepper flakes
- $\frac{1}{2}$ teaspoon freshly ground black pepper
- 1 lime, juiced
- 1 tablespoon olive oil

Vegan Tzatziki

- 1 cup raw cashews, soaked overnight, rinsed and drained
- 2 Tablespoons fresh mint leaves
- 2 Tablespoons fresh Italian parsley leaves
- 2 Tablespoons fresh dill
- 1 small clove garlic
- 1 Tablespoon red wine vinegar
- 2 tablespoons fresh lemon juice
- $\frac{1}{3}$ cup water
- 1 small Israeli cucumber, finely diced

- 4 pita breads, warmed in oven or on BBQ
- sliced cucumber
- sliced tomatoes
- sliced purple onion or green onion

1. Gather the grated onion in a tea towel or some cheesecloth and hold over the sink and squeeze all the liquid out of the onion. Transfer onion to a large mixing bowl. Add ground turkey, coconut oil, salt, sumac, turmeric, Aleppo pepper and black pepper to the bowl with the onion. Using your hands, gently mix so that all the spices are well distributed. Chill mixture for 45 minutes.

2. While turkey mixture is chilling, prepare vegan tzatziki. Place soaked cashews, mint, parsley, dill, garlic, vinegar, lemon juice and water in blender. Blend on high speed until mixture is quite smooth. Add additional water if too thick. Spoon tzatziki into bowl and fold in diced cucumber.
3. Fill a small bowl of water. Remove the meat from the fridge. Dip your hands in the water and pinch a handful of meat from the mixture. Shape into a long kebab around the skewer. Repeat until you've used all the meat.
4. Heat a grill pan or BBQ over medium heat. Grease with a little olive oil. In a small bowl, mix the lime juice and olive oil.
5. Once the pan or BBQ is fully heated, grill the kebabs until cooked through, about 2-3 minutes per side. As they cook, brush the lime liquid over the kebabs on each side. Transfer to a serving platter.
6. Spread a little tzatziki over each pita. Top with 3 kebabs (remove skewers), and some vegetables. Fold in half and eat!