

# Baked Kofta Pita Sandwich, Turkish Style (tutorial)

Yield: 6 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-kofta-sandwich-recipe>

## Ingredients:

- 2 pounds ground lamb
- 1 eggs
- 1 cup plain breadcrumbs
- 2 garlic cloves minced
- 1 teaspoon salt
- 2 1/2 teaspoons ground sumac more for later
- 2 teaspoons ground cumin
- 1 1/2 teaspoons red pepper flakes more for later
- 1 1/2 teaspoons smoked paprika more for later
- 6 pitas warm Greek, or flatbread
- sea salt
- Sabra® Classic Hummus
- 1 bunch flat leaf parsley fresh, stems removed
- 6 ounces baby arugula
- 3 tomatoes cut into wedges
- 1 English cucumber sliced into rounds
- 1 onions sliced into rounds or half-moons
- olives
- jalapeno chilies optional
- 1 1/2 teaspoons red pepper flakes more for later
- 1 teaspoon smoked paprika more for later

## Nutrition:

1. Calories: 700 calories
2. Carbohydrate: 52 grams
3. Cholesterol: 145 milligrams
4. Fat: 39 grams

5. Fiber: 8 grams
  6. Protein: 37 grams
  7. SaturatedFat: 16 grams
  8. Sodium: 1110 milligrams
  9. Sugar: 6 grams
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