



KEBAB SHOP FAKEAWAY

Better than the takeaway. **Better for you.**

THE CHICKEN KEBAB

01

Spiced chicken thighs in a fresh homemade flatbread

- Shredded lettuce
- Cucumber & tomato
- Mint yoghurt

THE LAMB DONER

02

Herb-and-spice lamb doner in a warm pitta

- Kebab shop cabbage salad
- Cucumber & lemon
- Chilli sauce



● WELCOME TO THE KITCHEN

RECREATE THE **KEBAB SHOP** AT HOME.

Everything you need to cook our Kebab Shop Fakeaway at home: two proper kebabs, a homemade flatbread, a crunchy kebab shop salad and a cooling mint yoghurt. Simple ingredients, simple equipment, and no experience needed. Every recipe serves two, so cook it for a mate or for the family.

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HOW TO USE THIS PACK

Read a recipe all the way through before you start. Get your ingredients weighed and your kit out first — chefs call it *mise en place*, we call it not panicking later. To cook the full spread in about an hour, follow **The game plan** on page 04.

KITCHEN CONFIDENCE

01

Wash your hands

Before you start, after touching raw meat, and before handling anything that won't be cooked.

02

Keep raw meat separate

Use its own board and bowl, and clean down before you move on to the salad.

03

Cook it through

Chicken and minced lamb need to reach 75°C in the middle. If you don't have a thermometer, cut into the thickest bit — no pink, juices run clear.

04

Respect the hot pan

Handles turned in, a dry cloth to grab them, and never leave a hot pan unattended.

05

Check the labels

Every recipe lists its allergens. Check packaging for anything you or your guests need to avoid.



● ONE SHOP, BOTH KEBABS

SHOPPING LIST & KIT

Everything for the full Fakeaway for two, added up across all five recipes. Tick it off as you go round the shop.

MEAT

- ☐ Minced lamb 300g
- ☐ Boneless, skinless chicken thighs 3

FRESH

- ☐ Red cabbage ¼
- ☐ White cabbage ¼
- ☐ Cucumber ¼
- ☐ Tomatoes 2
- ☐ Lettuce to shred
- ☐ Fresh mint small bunch
- ☐ Fresh coriander small bunch
- ☐ Lemons 2 + wedges
- ☐ Lime 1

DAIRY

- ☐ Full-fat Greek yoghurt 175g + 4 tbsp

BAKERY

- ☐ Pitta breads for the doner

CUPBOARD

- ☐ Self-raising flour 190g + dusting
- ☐ Ground cumin 3 tsp
- ☐ Ground coriander 2 tsp
- ☐ Smoked paprika 1 tsp
- ☐ Dried oregano 1 tsp
- ☐ Garlic granules 1 tsp
- ☐ Salt & pepper
- ☐ Olive oil + oil spray
- ☐ White wine vinegar 1 tbsp
- ☐ Mint sauce 3 tbsp
- ☐ Chilli sauce to serve

KITCHEN KIT

- ☐ Scales
- ☐ Large mixing bowl
- ☐ Small bowls
- ☐ Silicone spatula
- ☐ Sharp knife
- ☐ Chopping board
- ☐ Sieve
- ☐ Rolling pin
- ☐ Large frying pan
- ☐ Foil tray
- ☐ Food bags
- ☐ Cling film
- ☐ Greaseproof paper
- ☐ Kitchen paper
- ☐ Spoon
- ☐ Oven
- ☐ Meat thermometer (handy)

Nothing fancy. If you don't have a rolling pin, a clean wine bottle does the job.



● TIMINGS

THE GAME PLAN

Want everything ready at the same time? Here's the order to cook it all, start to finish. Allow about an hour for both kebabs.

0:00 ○ **Set up**

Preheat the oven to 200°C. Wash your hands, clear the worktop and get your kit out.

0:05 ○ **Flatbread dough** **RECIPE 01**

Mix the dough, wrap it and put it in the fridge.

0:10 ○ **Lamb mix** **RECIPE 02**

Mix the lamb with the spices, herbs and zest. Wrap and chill for 10 minutes.

0:15 ○ **Chicken in** **RECIPE 03**

Bag, season and flatten the chicken. Into the oven for 15–20 minutes.

0:20 ○ **Clean down**

Raw meat is done. Wash your hands and wipe down every surface and board before you touch the veg.

0:25 ○ **Salad + yoghurt** **RECIPE 04**

Slice and salt the cabbage (15 min rest). Make the dressing and the mint yoghurt.

0:30 ○ **Flatbreads** **RECIPE 01**

Roll out and cook the four flatbreads. Stack them under a clean tea towel.

0:40 ○ **Lamb patties** **RECIPE 02**

Roll the patties and cook them. Check the chicken has reached 75°C and slice it.

0:50 ○ **Finish** **RECIPE 04**

Squeeze and dress the cabbage. Chop cucumber and tomato, shred the lettuce, warm the pittas.

0:55 ● **Build + eat**

Load up your kebabs, sit down together and enjoy it.

~60**MINUTES, START TO PLATE**

5**RECIPES, 2 KEBABS**

75°C**IN THE MIDDLE OF THE MEAT
— EVERY TIME****ONLY MAKING ONE?**

Chicken kebab: flatbread, chicken, mint yoghurt, plus lettuce, cucumber and tomato. Around 45 minutes.

Lamb doner: lamb, salad and pittas. Around 40 minutes.

HOMEMADE FLATBREAD

Two ingredients and a hot pan. Soft, bubbly flatbreads that beat anything in a packet — the base for the chicken kebab.



MAKES
4



PREP
10 min



CHILL
Until rolling



COOK
2–3 min / side

INGREDIENTS

Self-raising flour 190g
Full-fat Greek yoghurt 175g
Salt 1 tsp
Extra flour for dusting
Oil spray for cooking

EQUIPMENT

- ☐ Scales
- ☐ Large mixing bowl
- ☐ Silicone spatula
- ☐ Food bag or cling film
- ☐ Rolling pin
- ☐ Large frying pan

LET'S MAKE IT

- 01** Put the flour and salt in a large bowl and stir together.
- 02** Add the yoghurt and slowly mix it in with a silicone spatula.
- 03** With clean hands, bring the dough together into a ball. Too dry? Add a splash of water. Too wet? Add a little flour.
- 04** Wrap the dough in cling film or a food bag and put it in the fridge until you're ready to roll.
- 05** Dust the work surface with flour. Weigh the dough and divide it into four equal balls.
- 06** Flatten each ball with your hands, then roll it out into a thin circle.
- 07** Heat a large frying pan until very hot. Cook each flatbread for 2–3 minutes on one side, then flip and cook the other. Don't worry if it puffs up — that's what you want.
- 08** Lightly spray one side with oil and move to a plate, ready to fill.

BRO TIP

Weighing the dough before you split it means four flatbreads the same size that all cook in the same time.

KITCHEN CONFIDENCE & SAFETY

Take care around the very hot frying pan — keep the handle turned in and use a dry cloth or oven glove.

! ALLERGENS TO CHECK

Wheat (gluten), milk.



LAMB DONER KEBAB

Herby, zesty, spiced lamb rolled thin and cooked fast — all the doner flavour without the mystery meat.

 **SERVES**
2

 **PREP**
10 min

 **CHILL**
10 min

 **COOK**
2–3 min / side

INGREDIENTS

Minced lamb **300g**
Ground cumin **2 tsp**
Ground coriander **2 tsp**
Salt **2 tsp**
Fresh mint **finely chopped**
Fresh coriander **finely chopped**
Lemon **zest of 1**
Lime **zest of 1**
Pitta breads **to serve**
Chilli sauce **to serve**
Lemon wedges **to serve**

EQUIPMENT

- ☐ Mixing bowl
- ☐ Cling film
- ☐ Greaseproof paper
- ☐ Rolling pin
- ☐ Frying pan
- ☐ Kitchen paper

LET'S MAKE IT

- 01** Put the lamb in a bowl with the cumin, ground coriander and salt, and mix.
- 02** Add the chopped mint and coriander, plus the lemon and lime zest.
- 03** With clean hands, mix everything together thoroughly and bring it into a ball.
- 04** Wrap in cling film and put in the fridge for 10 minutes to firm up.
- 05** Shape into thin, burger-sized patties. Place each one between two sheets of greaseproof paper and roll it flat.
- 06** Heat a frying pan and cook each patty for 2–3 minutes on each side, until cooked all the way through.
- 07** Drain off any excess fat onto kitchen paper as it cooks, then rest the cooked meat briefly on kitchen paper.
- 08** Warm the pitta breads in the pan, in the toaster, or wrapped in foil in the oven. Slice them open carefully — they'll be hot.
- 09** Serve with the kebab shop salad, lemon wedges and shop-bought chilli sauce.

BRO TIP

Rolling the patties between greaseproof paper gets them really thin, so they cook fast and slice like proper doner.

KITCHEN CONFIDENCE & SAFETY

Minced lamb must be cooked right through — check the centre reaches 75°C. Wash your hands and surfaces after handling raw meat.

! ALLERGENS TO CHECK

Pitta contains wheat (gluten). Check the chilli sauce label.

CHICKEN KEBAB

Smoky, garlicky spiced chicken thighs. One bag, one tray, one oven
— about as easy as it gets.



 **SERVES**
2

 **PREP**
5 min

 **OVEN**
200°C

 **COOK**
15–20 min

INGREDIENTS

Boneless, skinless chicken thighs	3 (1½ per person)
Smoked paprika	1 tsp
Ground cumin	1 tsp
Dried oregano	1 tsp
Garlic granules	1 tsp
Salt	1 tsp
Pepper	1 tsp
Olive oil spray	a few sprays

EQUIPMENT

- ☐ Food bag
- ☐ Foil tray
- ☐ Rolling pin or heavy pan
- ☐ Oven
- ☐ Meat thermometer (handy)

LET'S MAKE IT

- 01** Preheat the oven to 200°C.
- 02** Put the chicken, all the spices, salt, pepper and a few sprays of oil into the food bag. Tie it and rub everything together so every piece is coated.
- 03** Keeping the chicken in the bag, gently flatten it with a rolling pin or heavy pan so it cooks evenly.
- 04** Tip into a foil tray and cook in the oven for 15–20 minutes, until cooked through.
- 05** Rest for a minute, then slice into strips, ready to load into your flatbread.

BRO TIP

Flattening the thighs is the secret — even thickness means the whole piece is done at the same time, with no dry edges.

KITCHEN CONFIDENCE & SAFETY

Chicken must be cooked through — check the thickest part reaches 75°C. Keep raw chicken away from worktops and anything that won't be cooked.

! ALLERGENS TO CHECK

No major allergens in the recipe. Check seasoning packaging.



KEBAB SHOP SALAD

That sharp, crunchy cabbage salad you get at the kebab shop. Salting it first takes out the water so it stays crisp.

 **SERVES**
2

 **PREP**
10 min

 **REST**
15 min

 **COOK**
None

INGREDIENTS

Red cabbage ¼
White cabbage ¼
Salt **to taste**
Lemon **juice of 1**
White wine vinegar **1 tbsp**
Olive oil **2 tbsp**
Cucumber ¼
Tomatoes **2**

EQUIPMENT

- ☐ Sharp knife
- ☐ Chopping board
- ☐ Mixing bowl
- ☐ Small bowl
- ☐ Sieve

LET'S MAKE IT

- 01** Remove the cores by cutting diagonally through each cabbage quarter.
- 02** Carefully slice the cabbage as finely as you can and put it in a mixing bowl.
- 03** Sprinkle with salt, mix well and leave for 15 minutes.
- 04** Meanwhile, mix the white wine vinegar, olive oil and lemon juice together in a small bowl.
- 05** Squeeze the excess water out of the cabbage and drain it in a sieve.
- 06** Stir through the lemon dressing and season with salt.
- 07** Cut the cucumber and tomatoes into small pieces, ready to add to your kebab.

BRO TIP

Start this first — the 15 minute rest is the perfect time to get your meat on.

KITCHEN CONFIDENCE & SAFETY

Use a stable chopping board (a damp cloth underneath stops it sliding) and keep your fingertips tucked in while slicing.

! ALLERGENS TO CHECK

Check the vinegar label for sulphites.



MINT YOGHURT

Cool, fresh and done in two minutes. The finishing touch on the chicken kebab.

 **SERVES**
2

 **PREP**
2 min

 **COOK**
None

INGREDIENTS

Full-fat Greek yoghurt **4 tbsp**
Mint sauce **3 tbsp**
Salt **a pinch**

EQUIPMENT

- ☐ Small mixing bowl
- ☐ Spoon

LET'S MAKE IT

- 01** Put all the ingredients in a bowl.
- 02** Mix together until combined. Keep it in the fridge until you're ready to eat.

SAFETY

Keep chilled until serving.

! ALLERGENS TO CHECK

Milk. Check the mint sauce label for other allergens.

• THE FINAL STEP

BUILD YOUR KEBAB

Layer it up from the bottom, in this order.

THE CHICKEN KEBAB

01

- 1** Homemade flatbread
- 2** Mint yoghurt, spread over the bread
- 3** Shredded lettuce
- 4** Sliced spiced chicken
- 5** Cucumber & tomato on top

THE LAMB DONER

02

- 1** Warm pitta, sliced open
- 2** Kebab shop cabbage salad
- 3** Lamb doner, sliced into strips
- 4** Cucumber & a squeeze of lemon
- 5** Chilli sauce — as much as you dare



**COOK TOGETHER.
EAT TOGETHER.
TAKE IT HOME.**

Good food. Good company. Good for the mind.

The Mindset Bros Culinary Club is free to attend, always — and every Bro is welcome.

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