



Cooking Made Easy

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Lamb Flatbreads

Rain or shine, you can trust in our hearty lamb flatbreads for a barbecue-esque treat. Whether you grill them outside or in your oven, meaty goodness awaits. For lovers of Middle Eastern cuisine, fresh mint coupled with sweet, succulent vine tomatoes and spicy cumin will make you squeal with delight. Not to mention the gentle flavour of the flat leafed parsley - which is totally in season right now! Whack this array of delicious ingredients into some of our fluffy wholemeal flatbreads with some creamy yoghurt and you're good to go!



25 min



healthy



Onion



Garlic Clove



Vine Tomato



Green Olives



Baby Gem Lettuce



Mint



Flat Leaf Parsley



Lamb Mince



Cumin



Ground Coriander





Wholemeal Flatbread



Natural Yoghurt

Ingredients	2P	4P
Onion, diced	½ cup	1 cup
Garlic Clove, diced	1	2
Vine Tomato, chopped	2	4
Green Olives, chopped	1 tbsp	2 tbsp
Baby Gem Lettuce, shredded	1	2
Mint	2 tbsp	4 tbsp
Flat Leaf Parsley	2 tbsp	4 tbsp
Lamb Mince	250g	500g
Cumin	1 tsp	2 tsp
Ground Coriander	1 tsp	2 tsp
Wholemeal Flatbread 1	2	4
Natural Yoghurt 2	1 pot	2 pots

-  May feature in another recipe
-  Our produce comes fresh from the farm so give it a little wash before using

Allergens
1) Gluten | **2)** Milk

Nutrition per serving: Calories: 538 kcal | Protein: 25 g | Carbs: 43 g | Fat: 28 g | Saturated Fat: 11 g



1 Peel and finely dice the onion and garlic. Roughly chop the tomato into 1cm chunks. Roughly chop the olives. Shred the lettuce. Pick the mint leaves and parsley from the stalks.



2 Turn your grill on to high. Heat 1 tbsp of oil in a large pan over a medium heat. Add the diced onion and cook gently for 4 mins, until soft. Add the garlic and cook for 1 minute.



3 Turn the heat up to high and add the lamb mince the cumin and coriander, ¼ tsp of salt and a good few grinds of black pepper. Cook for 4-5 mins, breaking the mince up with a wooden spoon. Then add the olives and cook for a further 2 mins.



4 Lay the flatbreads out on a large baking tray. Cover with the lamb mince and scatter over the tomato chunks. Put under the grill for 4-5 mins. **Tip:** Try to leave the excessive fluids from the lamb in the frying pan for a nice and crunchy flatbread.

5 Remove from the oven and scatter over the lettuce, mint and parsley leaves. Season the yoghurt with ¼ tsp of salt and pepper and put a good few dollops on top.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!