



# Lebanese Style Flatbread

with Salsa and Gem Salad

**RAPID** 20 Minutes • Little Heat • 1.5 of your 5 a day

Nº 21



Garlic



Chickpeas



Lamb Mince



Shawarma Spice Mix



Tomato Puree



Beef Stock Powder



Chapatis



Baby Plum Tomatoes



Baby Gem Lettuce



Spring Onion

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools you will need:

Fine Grater (or Garlic Press), Sieve, Frying Pan, Measuring Jug, Baking Tray and Mixing Bowl.

### Ingredients

|                     | 2P             | 3P             | 4P             |
|---------------------|----------------|----------------|----------------|
| Garlic**            | 2 cloves       | 3 cloves       | 4 cloves       |
| Chickpeas           | 1 carton       | 1½ cartons     | 2 cartons      |
| Lamb Mince**        | 200g           | 300g           | 400g           |
| Shawarma Spice Mix  | 1 small pot    | ¾ large pot    | 1 large pot    |
| Tomato Puree        | 1 sachet       | 2 sachets      | 2 sachets      |
| Water*              | 100ml          | 150ml          | 200ml          |
| Beef Stock Powder   | 1 sachet       | 1½ sachets     | 2 sachets      |
| Chapatis <b>13)</b> | 2              | 3              | 4              |
| Baby Plum Tomatoes  | 1 small punnet | ¾ large punnet | 1 large punnet |
| Baby Gem Lettuce**  | 1              | 2              | 2              |
| Spring Onion**      | 1              | 2              | 2              |

\*Not Included \*\* Store in the Fridge

### Nutrition

|                          | Per serving | Per 100g |
|--------------------------|-------------|----------|
| for uncooked ingredients | 442g        | 100g     |
| Energy (kJ/kcal)         | 2167 /518   | 490 /117 |
| Fat (g)                  | 22          | 5        |
| Sat. Fat (g)             | 8           | 2        |
| Carbohydrate (g)         | 42          | 10       |
| Sugars (g)               | 8           | 2        |
| Protein (g)              | 32          | 7        |
| Salt (g)                 | 1.60        | 0.36     |

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

#### 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

#### Thumbs up or thumbs down?

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## 1. Get Prepped

- Preheat the oven to 200°C.
- Peel and grate the **garlic** (or use a garlic press).
- Drain and rinse the **chickpeas** in a sieve.
- Pop **half** the **chickpeas** in a bowl and roughly mash until broken up. Set aside for later.



## 4. Make the Salad

- Meanwhile, quarter the **baby plum tomatoes**.
- Trim the root from the **baby gem lettuce** then halve lengthways. Thinly slice widthways.
- Mix **half** the **tomato** with the all the **baby gem** in a bowl.
- Drizzle both with **olive oil** and season with **salt** and **pepper**.



## 2. Fry the Lamb

- Heat a frying pan on high heat (no oil). When hot, add the **lamb mince** and cook until browned, 4-5 mins. Use a wooden spoon to break it up as it cooks. Season with **salt** and **pepper**. **IMPORTANT:** The mince is cooked when browned all over.
- Reduce to medium heat and add the **shawarma seasoning mix**, **garlic** and **tomato puree**. Stir and cook for 1-2 mins.
- Add the **water** (see ingredients for amount), whole and mashed **chickpeas** and **beef stock powder**. Mix to combine and allow to simmer for 4-5 mins until thick and saucy.



## 5. Salsa Time

- Trim the **spring onions** then slice thinly.
- Mix the remaining **tomato** with the **spring onion**.
- Drizzle with **olive oil** and season with **salt** and **pepper**. This is your **salsa**.



## 3. Top the Bread

- Pop the **chapatis** (1 per person) on a baking tray and top each with equal servings of **lamb mix** - spread it out so there's roughly a 2cm border round the edge.
- Bake in the oven for 5-6 minutes.



## 6. Serve up

- Once the **lamb flatbread** is out the oven, serve on plates and top with the **salsa**.
  - Serve with the **tomato and gem salad** on the side.
- Enjoy!**

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.