

# Lebanese Style Flatbread

with Salsa and Gem Salad

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









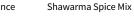


Chickpeas



Lamb Mince







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**

3				
	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 13)	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

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7 You can recycle me!





## 1. Get Prepped

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



## 2. Fry the Lamb

- a) 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.
- b) Reduce to medium heat and add the **shawarma** seasoning mix, garlic and tomato puree. Stir and cook for 1-2 mins.
- c) 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.



# 3. Top the Bread

- a) 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.
- **b)** Bake in the oven for 5-6 minutes.



#### 4. Make the Salad

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



## 5. Salsa Time

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



## 6. Serve up

- **a)** Once the **lamb flatbread** is out the oven, serve on plates and top with the **salsa**.
- **b)** 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.