



Lebanese Style Lamb and Chickpea Flatbread with Yoghurt and Baby Gem Salad

Rapid 20 Minutes • Little Spice • 1 of your 5 a day

N° 14



Garlic



Chickpeas



Lamb Mince



Shawarma Spice Mix



Tomato Puree



Beef Stock Paste



Naan



Red Wine Vinegar



Baby Gem Lettuce



Natural Yoghurt



Zahtar Spice

Before you start

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

Cooking tools, you will need:

Bowl, Sieve, Garlic Press, Frying Pan, Wooden Spoon, Measuring Jug, Baking Tray, Plate.

Ingredients

	2P	3P	4P
Garlic	2	3	4
Chickpeas	1 carton	1½ cartons	2 cartons
Lamb Mince**	200g	300g	400g
Shawarma Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Puree	1 sachet	2 sachets	2 sachets
Water*	100ml	150ml	200ml
Beef Stock Paste	10g	15g	20g
Naan 7) 11) 13)	2	3	4
Red Wine Vinegar 14)	1 sachet	1 sachet	2 sachets
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Sugar*	½ tsp	1 tsp	1 tsp
Baby Gem Lettuce**	1	2	2
Natural Yoghurt 7)**	75g	120g	150g
Zahtar Spice	1 sachet	1 sachet	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	338g	100g
Energy (kJ/kcal)	1805/431	534/128
Fat (g)	22	7
Sat. Fat (g)	8	2
Carbohydrate (g)	24	7
Sugars (g)	8	2
Protein (g)	31	9
Salt (g)	1.66	0.49

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **11)** Soya **13)** Gluten **14)** Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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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 with back of a fork until broken up. Set aside for later.



Top the Bread

- Pop the **naans** on a baking tray and top each with equal servings of the **lamb** and **chickpea mix**.
- Bake in the oven for 5-6 mins.



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.
- Once cooked, drain off any excess fat, then season with **salt** and **pepper**. **IMPORTANT:** *The mince is cooked when it is no longer pink in the middle.*
- Reduce to medium heat and add the **shawarma seasoning mix**, **garlic** and **tomato puree**. Stir and cook for 1-2 mins.



Make the Salad

- Meanwhile, pop the **vinegar**, **olive oil** and **sugar** (see ingredients for amounts) into a bowl. Season with **salt** and **pepper** and mix together.
- Trim the root from the **baby gem lettuce**.
- Add the **baby gem** to the bowl with the **dressing** and toss together.



Simmer

- Add the **water** (see ingredients for amount), **beef stock paste** and **chickpeas** to the **lamb**.
- Mix to combine, bring to the boil and allow to simmer until thickened, 4-5 mins.



Serve Up

- Once the **lamb flatbread** is ready, serve on plates, drizzle over the **yoghurt** and sprinkle over the **zahtar**.
- Serve with the **baby 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.