

Eat Within 4 Days

QCOOK

Middle Eastern Lamb Flatbread

with tzatziki & fresh tomato salsa

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Fan Faves: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Creation Wines | Creation Syrah Grenache

Nutritional Info	Per 100g	Per Portion
Energy	621kJ	3580kJ
Energy	148kcal	856kcal
Protein	7.7g	44.3g
Carbs	10g	60g
of which sugars	2.8g	16.3g
Fibre	1.1g	6.3g
Fat	8.1g	47g
of which saturated	3.6g	20.9g
Sodium	207mg	1196mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
160g	320g	Free-range De-boned Lamb Leg *cut into bite-size chunks*
1	1	Onion *peel & roughly slice ½ [1]*
7.5ml	15ml	NOMU Moroccan Rub
1	1	Garlic Clove *peel & grate*
1	1	Tomato *rinse & roughly dice ½ [1]*
30g	60g	Danish-style Feta *drain*
3g	5g	Fresh Mint *rinse, pick & chop*
10ml	20ml	White Balsamic Vinegar
1	2	Pita Flatbread/s
30ml	60ml	Tzatziki

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. MOROCCAN LAMB Place a pan over medium heat with a drizzle of oil. When hot, fry the lamb until golden, 4-6 minutes (shifting occasionally). Add the onion and fry until soft and caramelised, 10-12 minutes (shifting occasionally). In the final 1-2 minutes, add the NOMU rub, garlic and seasoning.

2. POP OF COLOUR In a small bowl, mix together the tomato, feta, ½ of the mint, white balsamic vinegar and a drizzle of olive oil. Season and set aside.

3. FRY THE FLATBREAD Just before serving, place a clean pan over medium heat. When hot, toast the flatbread/s until golden and warmed through.

4. IT'S A YES FOR YUM Plate up the flatbread, topped with the tender lamb and onions. Scatter over the tomato salsa, finishing off with dollops of tzatziki. Garnish with the remaining mint and dig in, Chef!