



U C O O K

— COOKING MADE EASY

Middle Eastern Lamb Flatbread

with butter bean hummus, fresh mint & dried cranberries

Inspired by the variety of flatbreads popular across the Middle East! Our take is smothered in rosemary-infused butter bean hummus and juicy lamb mince, embellished with a Moroccan rub and dried cranberries and decorated with roast baby marrow, mint, and flaked almonds.

Hands-On Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Samantha Finnegan

 **Easy Peasy**

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook



Ingredients & Prep

100g	Baby Marrow <i>rinsed, trimmed & cut into bite-size chunks</i>
10g	Flaked Almonds
2,5ml	Smoked Paprika
2g	Fresh Rosemary <i>rinsed</i>
1	Garlic Clove <i>peeled & grated</i>
120g	Butter Beans <i>drained & rinsed</i>
150g	Lamb Mince
5ml	NOMU Moroccan Rub
20g	Dried Cranberries <i>roughly chopped</i>
1	Pizza Base
20g	Green Leaves <i>rinsed</i>
4g	Fresh Mint <i>rinsed, picked & roughly sliced</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Tinfoil
Blender
Butter (optional)

1. BAKIN' BABY MARROW Preheat the oven to 200°C. Line a roasting tray with tinfoil (it will be used later to cook your pizza). Place the baby marrow chunks on the tray, coat in oil, and season. Roast in the hot oven for 20-25 minutes until cooked through and caramelised, shifting halfway.

2. TOAST THE ALMONDS Place the flaked almonds in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside to cool.

3. SILKY HUMMUS Place a pot over a low heat with a drizzle of oil or knob of butter. When slightly heated, sauté the smoked paprika (to taste), the rinsed rosemary, and the grated garlic for 2-3 minutes. Add the drained butter beans, stir in 60ml of water, and bring to a simmer. Cook for 4-5 minutes until thickened, stirring occasionally. On completion, remove the rosemary sprigs. Pick off 2-3 leaves and return them to the pot, discarding the remainder. Transfer to a blender or food processor and blend until a thick hummus. If too thick, gradually mix in water in small increments. Return to the pot and season. Cover with a lid and set aside to keep warm.

4. FRY THE MINCE Return the pan to a high heat with a drizzle of oil. When hot, add in the mince and work quickly to break it up as it starts to cook. Allow to caramelise for 2-3 minutes until browned. Stir in the Moroccan Rub and half of the chopped cranberries, and fry for 1-2 minutes until fragrant but not cooked through. Remove from the heat.

5. PIZZA TIME Once the baby marrow is cooked, transfer to a bowl. Cover to keep warm and set aside. Discard the tinfoil and return the tray to the oven, increasing the heat to maximum. Once the tray is hot, slide on the base and par bake for 3-5 minutes until light gold. Remove the base from the oven and flip over, leaving the tray inside to keep hot. Spread over the hummus (reserve some for serving) and scatter over the mince. Return to the oven and bake for 2-3 minutes until the base is crispy and the mince is cooked.

6. CHOW IT DOWN! Place the pizza on a plate. Scatter over the rinsed green leaves, top with the baby marrow, and dollop over the remaining hummus. Garnish with the toasted almond flakes, the sliced mint, and the remaining cranberries. Slice it up and grab a piece!



Chef's Tip

Pizza bases are sneaky things and can burn very easily, so keep your eyes peeled for rapidly browning edges!

Nutritional Information

Per 100g

Energy	752kJ
Energy	180Kcal
Protein	10.3g
Carbs	19g
of which sugars	2.7g
Fibre	3.5g
Fat	6.7g
of which saturated	2.3g
Sodium	251mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Cook
within 3
Days