



UCOOK

Middle Eastern Lamb Flatbread

with pistachio nuts, rustic carrot hummus & kale


Golden naan is topped with kale, lamb mince, and perfectly caramelised onions. Dolloped with homemade rustic carrot hummus and made-from-scratch minty tzatziki. The perfect way to end your day!

Hands-on Time: 25 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Ella Nasser

 Adventurous Foodie

 Strandveld | Grenache

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Ingredients & Prep

720g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
45ml	Tahini
2	Garlic Cloves <i>peel & grate</i>
2	Onions <i>peel & finely slice 1½</i>
150g	Kale <i>rinse & roughly shred</i>
150ml	Coconut Yoghurt
150g	Cucumber <i>rinse & roughly dice</i>
8g	Fresh Mint <i>rinse, pick & roughly chop</i>
450g	Free-range Lamb Mince
30ml	NOMU Coffee Rub
3	Naan Breads
15g	Pistachio Nuts <i>roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter (optional)
Sugar/Sweetener/Honey

1. RUSTIC CARROT HUMMUS Boil the kettle. Place a pot over medium-high heat with 3-4 cm of boiling water covering the base. Once steaming, place the carrot pieces in a colander over the pot. Cover and steam until cooked through and soft, 20-25 minutes. Drain and return to the pot. Stir in the tahini, the grated garlic, and seasoning. Mash with a fork or potato masher until desired consistency.

2. CARAMELISED ONIONS Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 10-12 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, season, and cover.

3. KALE & MINTY TZATZIKI Place the shredded kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened. Place a pan over medium heat. When hot, fry the kale until slightly wilted, 3-5 minutes. Remove from the pan and cover. In a separate bowl, combine the coconut yoghurt, the diced cucumber, the chopped mint, and seasoning.

4. COFFEE RUBBED LAMB Return the pan to medium-high heat with a drizzle of oil. When hot, add the mince and the NOMU rub. Work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally). Remove from the pan and cover.

5. ALMOST THERE... Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the naan bread until golden brown, 1-2 minutes per side.

6. GRAB A PLATE! Lay the naan bread on a plate or board. Scatter over the wilted kale, the lamb mince, and the caramelised onions. Dollop over the rustic carrot hummus and the minty tzatziki. Side with any leftover toppings. Sprinkle over the chopped pistachios. Time to devour this fragrant treat!

Nutritional Information

Per 100g

Energy	568kJ
Energy	136kcal
Protein	7.2g
Carbs	13g
of which sugars	3.7g
Fibre	2g
Fat	6.2g
of which saturated	2.2g
Sodium	168mg

Allergens

Gluten, Allium, Sesame, Wheat, Tree Nuts, Cow's Milk

Cook
within 3
Days