

QCOOK

Middle Eastern Lamb Flatbread

with tzatziki & fresh tomato salsa

Hands-on Time: 35 minutes

Overall Time: 40 minutes

Fan Faves: Serves 3 & 4

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 3	[Serves 4]	
480g	640g	Free-range De-boned Lamb Leg *cut into bite-sized chunks*
2	2	Onions *peel & roughly slice 1½ [2]*
22.5ml	30ml	NOMU Moroccan Rub
2	2	Garlic Cloves *peel & grate*
2	2	Tomatoes *rinse & roughly dice 1½ [2]*
90g	120g	Danish-style Feta *drain*
8g	10g	Fresh Mint *rinse, pick & chop*
30ml	40ml	White Balsamic Vinegar
3	4	Pita Flatbreads
90ml	125ml	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, 6-8 minutes (shifting occasionally). Add the onion and fry until soft and caramelised, 12-15 minutes (shifting occasionally). In the final 2-3 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 flatbreads 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!