



# UCOOK

## Lamb & Caramelised Apricot Flatbread

with labneh & fresh mint

Today is the day you learn how to make dough from just water, yoghurt & flour, Chef. Made into crispy flatbreads, these are topped with Tandoori-spiced lamb slices, fresh greens & cucumber, with honey-covered apricots and refreshing mint. An inspiring and intricate Indian meal awaits!

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**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person

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**Chef:** Samantha du Toit

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Adventurous Foodie

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Groote Post Winery | Groote Post Old Man's Blend Red Blend

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## Ingredients & Prep

140ml	Self-raising Flour
30ml	Greek Yoghurt
160g	Free-range De-boned Lamb Leg
20ml	Tandoori Spice Mix <i>(15ml NOMU Tandoori Rub &amp; 5ml Smoked Paprika)</i>
20g	Dried Apricots <i>roughly chop</i>
15ml	Honey
50ml	Labneh
20g	Green Leaves <i>rinse</i>
50g	Cucumber <i>rinse &amp; cut into rounds</i>
3g	Fresh Mint <i>rinse, pick &amp; finely slice</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Cling Wrap  
Paper Towel  
Butter  
Rolling Pin

**1. GET THE DOUGH DONE** Preheat the oven to 220°C. Set aside 1 tsp of flour. Place the remaining flour in a bowl with a good pinch of salt. Mix in the yoghurt and combine into a sticky ball. Gradually mix in water in 5ml increments until just combined. Use ½ the reserved flour to dust a flat surface. Place the dough on top and knead until smooth. Divide the dough into 2 pieces, cover with cling wrap, and set aside.

**2. TANDOORI LAMB** Place a pan over medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel and season. When hot, sear the lamb until browned, 3-5 minutes (shifting as it colours). In the final 1-2 minutes, baste with a knob of butter and the tandoori spice mix. Remove from the pan with all the pan juices and place on a roasting tray to finish cooking in the oven, 5-8 minutes. Rest for 5 minutes before slicing and seasoning.

**3. HONEYED APRICOTS** Place a pan over medium heat with a drizzle of oil and 20g of butter. When hot, add the chopped apricots and fry until caramelised, 2-3 minutes. Remove from the heat, mix in the honey, and season.

**4. FORM THE FLATBREAD** Spread the remaining reserved flour across a flat surface. Place the dough balls on top and use a rolling pin or bottle to shape into rough circles, 12-15cm wide.

**5. COOK UNTIL CRISPY** Place a pan over high heat with a drizzle of oil or a knob of butter. When hot, fry the flatbreads one at a time until cooked through and lightly crisped, 2 minutes per side.

**6. LIPSMACKING LAMB** Smear the flatbreads with the labneh. Top with the rinsed green leaves, the cucumber rounds, and the sliced lamb. Spoon over the caramelised apricots and all the sauce. Garnish with the sliced mint.

## Nutritional Information

Per 100g

Energy	963kJ
Energy	230kcal
Protein	11.4g
Carbs	22g
of which sugars	6.8g
Fibre	1.6g
Fat	11g
of which saturated	6.1g
Sodium	369mg

## Allergens

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

Eat  
Within  
4 Days