



# 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!

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**Hands-on Time:** 15 minutes

**Overall Time:** 40 minutes


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**Serves:** 1 Person

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**Chef:** Ella Nasser

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 Adventurous Foodie

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 Strandveld | Grenache

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## Ingredients & Prep

240g	Carrot <i>rinse, trim, peel &amp; cut into bite-sized pieces</i>
15ml	Tahini
1	Garlic Clove <i>peel &amp; grate</i>
1	Onion <i>peel &amp; finely slice ½</i>
50g	Kale <i>rinse &amp; roughly shred</i>
50ml	Coconut Yoghurt
50g	Cucumber <i>rinse &amp; roughly dice</i>
3g	Fresh Mint <i>rinse, pick &amp; roughly chop</i>
150g	Free-range Lamb Mince
10ml	NOMU Coffee Rub
1	Naan Bread
5g	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, 15-20 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, 8-10 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, 2-3 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, 3-4 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