



Everything
But The Chef

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Moroccan Lamb Flatbreads with Fresh Tomato

There are a few tricks to these flatbreads you might not have considered before, and we hope you'll be able to add them to your wheelhouse. Cumin, cinnamon and lamb are a match made in heaven, and flavouring the mince yourself before it's cooked transforms it into something very special. Parsley stalks are often overlooked in cooking, but they add a lovely flavour and are far too good to be wasted. Keep an eye on these in the oven!

Prep: 10 mins

Cook: 30 mins

Total: 40 mins



level 1



high
protein



diabetes
friendly



eat me
first

Pantry Items



Olive Oil



Lamb Mince



Cumin & Cinnamon
Spice Mix



Garlic



Parsley



Lemon



Yoghurt



Lebanese Bread



Tomato



Red Onion



Rocket Leaves

2P	4P	Ingredients
300 g	600 g	lamb mince
1 tsp	2 tsp	cumin & cinnamon spice mix
1 clove	2 cloves	garlic, peeled & crushed
½ bunch	1 bunch	parsley, leaves picked & stalks finely chopped
2 tsp	1 tbs	olive oil *
½	1	lemon, cut into wedges
1 tub	2 tubs	yoghurt
2	4	Lebanese bread
1	2	tomato, thinly sliced
½	1	red onion, thinly sliced
⅓ bag	1 bag	rocket leaves, washed

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2200	Kj
Protein	42.9	g
Fat, total	16.8	g
-saturated	6.5	g
Carbohydrate	47.6	g
-sugars	10.9	g
Sodium	516	mg

Measuretool

0 cm	1 cm	2 cm

2a



You will need: chopping board, chef's knife, garlic crusher, small bowl, medium bowl, pastry brush, wooden spoon, medium frying pan, and an oven tray.

1 Preheat the oven to 220°C/200°C fan-forced.

2 In a medium bowl combine the **lamb mince**, **cumin & cinnamon spice mix**, **garlic** and **parsley stalks** and season well with **salt** and **pepper**. Heat half of the **olive oil** in a medium frying pan over a medium heat. Add the mince mixture and cook, breaking up with a wooden spoon, for **3-4 minutes** or until just browned. Remove from the pan and set aside.

3 In a small bowl combine the juice of half of the **lemon wedges** and the **yoghurt**. Set aside.

4 Place the **Lebanese bread** on the oven tray and brush with the remaining olive oil. Scatter the lamb mince, **tomato** and **red onion** on top. Season with salt and pepper. Cook in the oven for **8 minutes** or until the base is crispy and the lamb is cooked through. Remove the bases from the oven and top with the **parsley leaves** and a drizzle of the lemon yoghurt.

5 Top with the **rocket leaves** and serve with the remaining lemon wedges.

2b



4a



4b



Did you know? Cinnamon is derived from the inner bark of cinnamon trees.