

Lebanese Style Flatbread

with Salsa and Baby Gem Lettuce Salad

Rapid 20 Minutes • Little Heat • 1.5 of your 5 a day









Chickpeas



Lamb Mince



Shawarma Spice Mix





Tomato Purée





Beef Stock Powder

Red Wine Vinegar



Baby Gem Lettuce



Natural Yoghurt



Zahtar Spice

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Fine Grater (or Garlic Press), Sieve, Frying Pan, Measuring Jug and Baking Tray.

Ingredients

	2P	3P	4P	
Garlic**	2 cloves	3 cloves	4 cloves	
Chickpeas	1 carton	11/2 cartons	2 cartons	
Lamb Mince**	200g	300g	400g	
Shawarma Spice Mix	1 small pot	¾ large pot	1 large pot	
Tomato Purée	1 sachet	2 sachets	2 sachets	
Water*	100ml	150ml	200ml	
Beef Stock Powder	1 sachet	2 sachets	2 sachets	
Naan 7) 13)	2	3	4	
Red Wine Vinegar 14)	1 sachet	1 sachet	2 sachets	
Baby Gem Lettuce**	1	2	2	
Natural Yoghurt 7)**	75g	150g	150g	
Zahtar Spice	1 small pot	1 small pot	1 large pot	
Olive Oil *	1 tbsp	1½ tbsp	2 tbsp	
Sugar*	½ tsp	1 tsp	1 tsp	
*Not Included **Store in the Fridge				

Nutrition

	Per serving	Per 100g
for uncooked ingredient	451g	100g
Energy (kJ/kcal)	3021 /722	670/160
Fat (g)	26	6
Sat. Fat (g)	8	2
Carbohydrate (g)	76	17
Sugars (g)	10	2
Protein (g)	39	9
Salt (g)	2.42	0.54

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

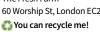
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Get Prepped

- a) Preheat the oven to 200°C
- **b)** Peel and grate the **garlic** (or use a garlic press).
- c) Drain and rinse the chickpeas in a sieve.
- **d)** Pop **half** the **chickpeas** in a bowl and roughly mash with back of a fork until broken up. Set aside for later.



Fry the Lamb

- a) Heat a frying pan on high heat (no oil). When hot, add the **lamb mince** and cook until browned, 4-5 mins. Use a wooden spoon to break it up as it cooks. Season with **salt** and **pepper**. **IMPORTANT**: The mince is cooked when it is no longer pink in the middle.
- b) Reduce to medium heat and add the **shawarma** seasoning mix, garlic and tomato purée. Stir and cook for 1-2 mins.



Simmer

- a) Add the water (see ingredients for amount), to the pan with the lamb along with the whole and mashed chickpeas and beef stock powder.
- **b)** Mix to combine, bring to the boil and allow to simmer until thickened, 4-5 mins.



Top the Bread

- **a)** Pop the **naans** on a baking tray and top each with equal servings of **lamb mix**.
- **b)** Bake in the oven for 5-6 mins.



Make the Salad

- **a)** Meanwhile, pop the **vinegar**, **olive oil** and **sugar** (see ingredients for amounts) into a bowl. Season with **salt** and **pepper** and mix together.
- **b)** Trim the root from the **baby gem lettuce**.
- c) Add the baby gem to the bowl with the dressing and toss together.



Serve Up

- a) Once the lamb flatbread is out the oven, serve on plates, drizzle over the **yoghurt** and sprinkle over the **Zahtar**.
- b) Serve with the baby gem salad on the side.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.