



Fragrant lamb flatbreads

READY IN



28 min.

SERVINGS



4

CALORIES



449 kcal

Ingredients

- ☐ 1 onion finely chopped
- ☐ 250 g ground lamb lean minced
- ☐ 1 garlic clove crushed
- ☐ 1 tsp ground cumin
- ☐ 1 tsp ground coriander
- ☐ 2 tbsp yogurt
- ☐ 2 tbsp pinenuts
- ☐ 1 handful mint dried chopped (or use a sprinkling of)
- ☐ 250 g flour white
- ☐ 0.5 tsp salt

- ☐ 1 tsp sugar
- ☐ 1 tsp yeast
- ☐ 150 ml water
- ☐ 500 g frangelico (see below)
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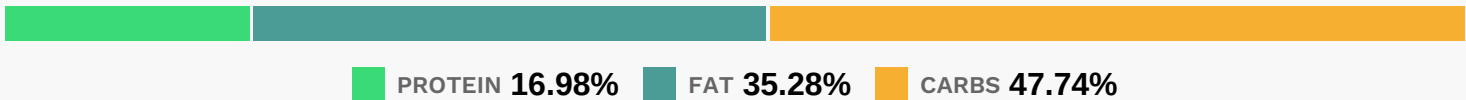
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 220C/fan 200C/gas
- ☐ Make the bread mix following pack instructions, then divide into two and roll out into large ovals.
- ☐ Transfer to a large, floured baking sheet.
- ☐ In a bowl, combine the onion, lamb, garlic, spices and yogurt, and season. Crumble over the dough almost to the edges, then scatter over the pine nuts.
- ☐ Bake for 15–18 mins until the bread is golden and crisp and the meat is browned.
- ☐ Sprinkle over the mint, then serve with a green leaf and tomato salad.
- ☐ Mix together the flour, salt, sugar and yeast.
- ☐ Add the water and mix to a soft dough. Knead for 2 mins on a lightly floured surface, then roll out.
- ☐ Add the topping as above. Leave in a warm place to rise for 15 mins before serving.

Nutrition Facts



Properties

Glycemic Index:56.52, Glycemic Load:35.97, Inflammation Score:-5, Nutrition Score:13.343913164152%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 449.24kcal (22.46%), Fat: 17.6g (27.08%), Saturated Fat: 6.79g (42.45%), Carbohydrates: 53.6g (17.87%), Net Carbohydrates: 50.72g (18.44%), Sugar: 3.05g (3.39%), Cholesterol: 46.92mg (15.64%), Sodium: 350.13mg (15.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.06g (38.12%), Manganese: 0.97mg (48.6%), Vitamin B1: 0.62mg (41.09%), Folate: 141.6µg (35.4%), Selenium: 21.9µg (31.28%), Iron: 4.78mg (26.54%), Vitamin B2: 0.38mg (22.37%), Vitamin B3: 4.32mg (21.58%), Phosphorus: 124.85mg (12.49%), Fiber: 2.88g (11.52%), Copper: 0.19mg (9.61%), Magnesium: 36.06mg (9.01%), Zinc: 0.99mg (6.61%), Potassium: 182.34mg (5.21%), Vitamin B6: 0.1mg (4.9%), Calcium: 48.7mg (4.87%), Vitamin B5: 0.48mg (4.75%), Vitamin E: 0.53mg (3.55%), Vitamin C: 2.49mg (3.02%), Vitamin K: 3.06µg (2.91%)