



Lamb Flatbread with Feta and Mint

READY IN



300 min.

SERVINGS



8

CALORIES



501 kcal

Ingredients

- ☐ 1.8 teaspoon active yeast dry (from one)
- ☐ 4.5 cup bread flour plus more for surface
- ☐ 1 tbsp metric butter unsalted
- ☐ 8 servings coarse salt and pepper freshly ground to taste
- ☐ 1 cup feta cheese crumbled
- ☐ 0.3 mint leaves fresh plus more for garnish chopped
- ☐ 1 pound lamb
- ☐ 1 tablespoon olive oil extra-virgin plus more for brushing and drizzling
- ☐ 1 teaspoon salt
- ☐ 2 spring onion chopped

- ☐ 1 tablespoon sugar
- ☐ 2 cup water (110 degrees f)

Equipment

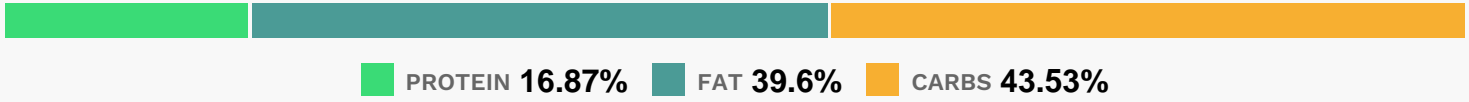
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ pizza stone

Directions

- ☐ Combine yeast and water in a mixer bowl.
- ☐ Let stand until foamy, about 5 minutes.
- ☐ Add oil, sugar, and salt.
- ☐ Mix with the dough hook on medium speed until well combined. Reduce speed to low. With the machine running, add flour, a little at a time, and mix until dough comes together. (You will need more flour in warm weather than in cold.)
- ☐ Transfer dough to a lightly floured work surface, and knead until smooth and supple, 10 to 15 minutes.
- ☐ Transfer to an oiled bowl, and cover with plastic wrap. Refrigerate for at least 4 hours (or overnight).
- ☐ Remove dough from refrigerator, and bring to room temperature.
- ☐ Place a pizza stone onto the center rack of the oven. Preheat oven to 500 degrees. Topping: Melt butter with oil in a medium skillet over medium heat.
- ☐ Add leeks and scallions; season with salt and pepper. Cook, stirring occasionally, until softened, about 5 minutes.
- ☐ Transfer to a bowl. Stir in parsley and mint.

- ☐ Add lamb to the same skillet, and set over medium-high heat. Cook, stirring and breaking meat into small pieces, until browned, 6 to 7 minutes. Divide dough into 4 portions. On a lightly floured surface, gently stretch 2 pieces into 15-by-6-inch rounded rectangles; keep other portions covered.
- ☐ Place dough rectangles on a parchment-lined peel or inverted rimmed baking sheet.
- ☐ Brush with oil, and spread each with ¼ of the leek mixture, leaving a ½-inch border. Top each with ¼ of the lamb, and then sprinkle with ¼-cup feta. Season with salt and pepper. Carefully slide parchment with flatbreads off the peel or sheet onto the pizza stone.
- ☐ Bake until flatbreads are golden brown, 10 to 12 minutes. Repeat with remaining dough.
- ☐ Garnish flatbreads with fresh mint, and drizzle with oil.
- ☐ Cut into thick slices, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:24.51, Glycemic Load:34.33, Inflammation Score:-4, Nutrition Score:14.112608689329%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 500.57kcal (25.03%), Fat: 21.72g (33.42%), Saturated Fat: 9.6g (60.03%), Carbohydrates: 53.73g (17.91%), Net Carbohydrates: 51.77g (18.83%), Sugar: 1.79g (1.98%), Cholesterol: 61.89mg (20.63%), Sodium: 737.12mg (32.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.82g (41.64%), Selenium: 41.49µg (59.27%), Manganese: 0.58mg (29.08%), Vitamin B12: 1.63µg (27.17%), Vitamin B3: 4.56mg (22.79%), Phosphorus: 226.3mg (22.63%), Zinc: 3.15mg (20.97%), Vitamin B2: 0.35mg (20.59%), Vitamin B1: 0.22mg (14.94%), Folate: 57.34µg (14.34%), Calcium: 117.03mg (11.7%), Copper: 0.21mg (10.35%), Vitamin B6: 0.19mg (9.57%), Vitamin B5: 0.95mg (9.54%), Iron: 1.71mg (9.5%), Vitamin K: 9.98µg (9.5%), Magnesium: 34.68mg (8.67%), Fiber: 1.95g (7.8%), Potassium: 223.34mg (6.38%), Vitamin E: 0.74mg (4.92%), Vitamin A: 156.13IU (3.12%), Vitamin D: 0.16µg (1.06%)