



Lamb Pizzas

READY IN



150 min.

SERVINGS



12

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 ounce active yeast 2 teaspoons sugar dry
- ☐ 4 cups flour for dusting all-purpose plus more
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.3 cup greek yogurt
- ☐ 0.7 cup greek yogurt
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 1 teaspoon ground cumin
- ☐ 1 pound lamb
- ☐ 12 servings kosher salt
- ☐ 12 servings kosher salt and pepper freshly ground
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 2 tablespoons olive oil extra-virgin plus more for brushing and drizzling
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 0.5 cup onion finely chopped
- ☐ 0.5 cup pinenuts
- ☐ 2 plum tomatoes seeded finely chopped
- ☐ 0.5 cup bell pepper red finely chopped
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 2 teaspoons salt fine
- ☐ 1 cup semolina flour
- ☐ 6 tablespoons tomato paste

Equipment

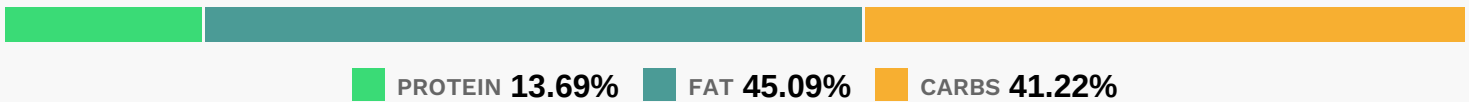
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ whisk
- ☐ grill

Directions

- ☐ Combine the yeast, sugar, olive oil and 2 cups warm water; let stand 5 minutes.
- ☐ Whisk both flours and the salt in a large bowl.
- ☐ Add the yeast mixture to the flour mixture and stir with a fork until the dough forms. Turn out onto a lightly floured surface; knead until smooth and elastic, about 6 minutes.

- ☐ Place in a bowl brushed with oil, cover and let stand until doubled in size, about 1 hour.
- ☐ Punch down the dough and divide into 12 pieces.
- ☐ Roll each piece into a ball, cover and let stand until doubled in size, about 45 minutes.
- ☐ Heat 2 tablespoons olive oil in a large skillet over medium heat.
- ☐ Add the pine nuts, onion and bell pepper; cook, stirring, until softened, about 6 minutes. Stir in the tomato paste and cook 1 minute.
- ☐ Add the remaining 1/4 cup olive oil, the lamb, cumin, cinnamon, red pepper flakes, allspice and 1/2 teaspoon salt. Cook, breaking up the meat, until browned, 5 minutes. Stir in the tomatoes and cook 1 minute.
- ☐ Remove from the heat and stir in the yogurt, lemon juice, cilantro and parsley; season with salt.
- ☐ Make the sauce: Stir the yogurt, mint, lemon juice and 1/4 cup water in a bowl. Season with salt and pepper. Refrigerate, covered, until ready to use.
- ☐ Preheat the grill to medium.
- ☐ Cut twelve 9-inch squares of parchment paper. Stretch each piece of dough into an 8-inch round, brush with olive oil on both sides and stack the rounds, separating each with parchment.
- ☐ Invert the dough onto the grill; remove the paper. Grill in batches until golden brown on the bottom, 1 to 2 minutes. Flip and spread each round with 1/4 cup lamb mixture, leaving a border. Continue grilling until the dough is charred in spots and cooked through, about 3 minutes.
- ☐ Transfer the pizzas to a platter.
- ☐ Drizzle with olive oil and serve with the sauce.
- ☐ Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:29.08, Inflammation Score:-7, Nutrition Score:19.127826110176%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 1.5mg, Apigenin: 1.5mg, Apigenin: 1.5mg, Apigenin: 1.5mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 455.51kcal (22.78%), Fat: 22.84g (35.14%), Saturated Fat: 5.55g (34.69%), Carbohydrates: 46.98g (15.66%), Net Carbohydrates: 44.04g (16.02%), Sugar: 2.67g (2.97%), Cholesterol: 28.36mg (9.45%), Sodium: 871.17mg (37.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.6g (31.21%), Selenium: 35.84µg (51.21%), Manganese: 0.97mg (48.26%), Vitamin B1: 0.59mg (39.28%), Folate: 134.71µg (33.68%), Vitamin B3: 6.49mg (32.45%), Vitamin B2: 0.47mg (27.69%), Iron: 4.06mg (22.54%), Vitamin K: 23.46µg (22.34%), Phosphorus: 195.39mg (19.54%), Vitamin E: 2.56mg (17.04%), Vitamin C: 13.7mg (16.6%), Vitamin B12: 0.98µg (16.34%), Zinc: 2.35mg (15.65%), Copper: 0.25mg (12.55%), Magnesium: 47.8mg (11.95%), Fiber: 2.94g (11.75%), Vitamin A: 532.74IU (10.65%), Potassium: 360.92mg (10.31%), Vitamin B6: 0.16mg (8.15%), Vitamin B5: 0.72mg (7.16%), Calcium: 45.47mg (4.55%)