

Spiced Lamb with Flatbread

Serves 4

Hands-on Time 30 minutes

Cooking Time 23 minutes

Ingredients

- 1 bunch of mint
- 1 pomegranate
- ½ cucumber
- ¼ tsp + pinch of salt
- 250g Greek yoghurt
- 1 onion
- ½ tbsp olive oil
- 2 garlic cloves
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 tbsp Ras El Hanout spice mix
- 2 tbsp tomato puree
- ½ tin (200g) chopped tomatoes
- 1 lemon
- 500g lamb mince
- 50g feta cheese
- 25g pistachios
- 4-8 flatbreads

Equipment

- Serving bowls
- Vegetable peeler
- Spoon
- Grater
- Kitchen paper
- Knife
- Chopping board
- Wooden spoon
- Large wide frying pan
- Micro-grater
- Spatula
- Serving dish

Method

1. Prepare the mint yoghurt

- Chop the mint leaves and set aside.
- Extract the seeds from the pomegranate and set aside.
- Peel and grate the cucumber. Squeeze out excess water using kitchen paper.
- Mix the cucumber, half the chopped mint, a pinch of salt, and Greek yoghurt in a serving bowl.

2. Cook the lamb

- Peel, quarter, and slice the onion.
- Heat the olive oil in a frying pan over medium heat. Add the onion and cook for 10 minutes until softened.
- Grate in the garlic and cook for 1 minute.
- Add the coriander, cumin, Ras El Hanout, tomato puree, chopped tomatoes, and juice of the lemon. Stir and cook for 1 minute.
- Add the lamb mince and ¼ tsp salt. Break up the lamb with a spatula and cook for 10 minutes until browned and cooked through. Taste and adjust seasoning.

3. Assemble and serve

- Chop the pistachios and crumble the feta.
- Serve the lamb in a dish topped with pistachios, feta, dollops of mint yoghurt, pomegranate seeds, and remaining mint.
- Serve with flatbreads and extra accompaniments on the side.

Enjoy!