



Product Spotlight: Beetroot

Beetroots contain tryptophan (also found in chocolate), which can contribute to a sense of well being.



3 Lamb Avocado Flatbread

Lamb mince cooked with all spice, served on chickpea flatbreads with feta cheese sauce, pickled beetroot and fresh vegetables.

 35 minutes

 2 servings

 Lamb

17 September 2021

Skip a step!

If you are looking to skip a step on this recipe, don't worry about making the sauce. Build your flatbreads with the other ingredients, then crumble over the feta cheese.

Per serve: **PROTEIN** 59g **TOTAL FAT** 45g **CARBOHYDRATES** 105g

FROM YOUR BOX

FLATBREAD MIX	1 packet (150g)
BEETROOT	1
AVOCADO	1
LAMB MINCE	200g
TINNED LENTILS	400g
FETA CHEESE	1/2 packet *
BABY LEAVES + BEETS	1/2 bag (90g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, sugar (or sweetener of choice), vinegar (of choice), all spice

KEY UTENSILS

frypan, oven tray, stick mixer or small blender

NOTES

Your flatbread mix is made up of naturally gluten free chickpea flour.

When pickling, we recommend you use a non-metallic bowl as the vinegar can react and cause a metallic taste in your food.

You can pour the mixture to make one large flatbread if it's easier. Use a spatula to evenly smooth the mixture out.

No lamb option - lamb mince is replaced with chicken mince. Add oil to pan and cook according to instructions.



1. PREPARE FLATBREADS

Set oven to 180°C.

Whisk together flatbread mix and **3/4 cup water**. Season with **salt** and set aside for 7-10 minutes.



2. PREPARE TOPPINGS

In a bowl (see notes) whisk together **1/2 cup vinegar, 1 tbsp sugar and 1 tsp salt**. Grate beetroot and add to bowl. Set aside for 15 minutes to pickle, drain and squeeze excess liquid to serve. Slice avocado.



3. BAKE THE FLATBREADS

Line an oven tray and drizzle with **oil**. Evenly divide flatbread mix to form 2 individual flatbreads (see notes). Sprinkle with **salt**. Bake for 20-25 minutes until crisp around the edges.



4. COOK THE LAMB

Heat a frypan over medium-high heat. Add lamb mince along with **1/2 tbsp all spice**. Cook, stirring, for 3-4 minutes. Drain and rinse lentils. Add to pan, cook for a further 5 minutes. Season with **salt and pepper**.



5. MAKE THE SAUCE

Using a stick mixer to blend together feta cheese with **2 tbsp water, and pepper** to a smooth consistency.



6. FINISH AND SERVE

Arrange flatbreads on a platter with lamb, baby leaves and beet, sauce and fresh toppings for everyone to build their own flatbread.

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