




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

 4 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** 47g **TOTAL FAT** 32g **CARBOHYDRATES** 73g

FROM YOUR BOX

FLATBREAD MIX	1 packet (300g)
BEETROOT	1
AVOCADO	1
LAMB MINCE	400g
TINNED LENTILS	400g
FETA CHEESE	1/2 packet *
BABY LEAVES + BEETS	1 bag (180g)

**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

large frypan, 2 oven trays, 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 **1 1/2 cups 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 2 oven trays and drizzle with **oil**. Evenly divide flatbread mix to form 4 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 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 **1/4 cup 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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