



MIDDLE EASTERN LAMB 'PIZZA'

with Chopped Salad and DIY Tzatziki Sauce

PRONTO



HELLO TZAZIKI

Is a popular condiment in Lebanese and Middle Eastern recipes

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 1110



Ground Lamb



Greek-Style Pitas



Shallot



Pine Nuts



Middle Eastern Seasoning



Mini Cucumber



Garlic



Lemon



Mayonnaise



Tomato Paste



Roma Tomato



Parsley

BUST OUT

- Baking Sheet
- Garlic Press
- Measuring Spoons
- Large Non-Stick Pan
- Medium Bowl
- Sugar (½ tsp | 1 tsp)
- Silicone Brush
- Whisk
- Small Bowl
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Ground Lamb 250 g | 500 g
- Greek-Style Pitas 1 2 | 4
- Shallot 50 g | 100 g
- Pine Nuts 5 28 g | 56 g
- Middle Eastern Seasoning 1 tbsp | 2 tbsp
- Mini Cucumber 132 g | 264 g
- Garlic 6 g | 12 g
- Lemon 1 | 2
- Mayonnaise 3,9 2 tbsp | 4 tbsp
- Tomato Paste 2 tbsp | 4 tbsp
- Roma Tomato 160 g | 320 g
- Parsley 7 g | 14 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 71°C/160°F.



START STRONG

Preheat your oven to **425°F** (to toast pitas and pine nuts). Start prep when your oven comes up to temp! In Step 1, adding garlic to lemon juice before making your DIY toum sauce will help mellow strong flavour of garlic! In Step 1, use this garlic guide to determine what garlic level you prefer: **¼ tsp** mild, **½ tsp** medium and **1 tsp** extra!



1 PREP

Wash and dry all produce.* Cut **tomatoes** and **cucumbers** into ¼-inch pieces. Juice **half the lemon** (1 lemon for 4 ppl), then cut **remaining lemon** into wedges. Roughly chop **parsley**. Peel, then finely chop the **shallot(s)**. Peel, then mince or grate the **garlic**. In a small bowl, stir together **½ tsp garlic** and **1 tsp lemon juice** (dbl for 4 ppl). (**NOTE:** Reference the garlic guide in the Start Strong.) Set aside.



4 MAKE GARLIC TOUM

Meanwhile, whisk the **mayo** into the small bowl (from Step 1) containing the **garlic** and **lemon juice**.



2 COOK LAMB

Heat a large non-stick pan over medium-high. When pan is hot, add **2 tbsp oil** (dbl for 4 ppl), then **lamb** and **half the shallot**. Cook, breaking up **lamb** into smaller pieces, until no pink remains, 4-5 min. (**TIP:** Cook to a min. internal temp. of 71°C/160°F.**) Add **spice blend**, **tomato paste** and **remaining garlic**. Cook until fragrant, 1-2 min. Season with **salt** and **pepper**.



5 MAKE SALAD

In a medium bowl, whisk together **1 tbsp lemon juice** (dbl for 4 ppl), **½ tsp sugar** (dbl for 4 ppl) and **2 tbsp oil** (dbl for 4 ppl). Add the **tomatoes**, **cucumbers**, **remaining shallot** and **half the parsley**. Season with **salt** and **pepper**. Set aside.



3 TOAST PITAS AND NUTS

Meanwhile, on one side of a baking sheet, arrange the **pitas** and brush each with **1 tsp oil**. Add the **pine nuts** to the other side of the same baking sheet. Toast in the **middle** of the oven, until the **pine nuts** are golden-brown and the **pitas** are warmed through, 4-5 min. (**NOTE:** Use two baking sheets for 4 ppl. One for the pitas and one for the pine nuts.)



6 FINISH AND SERVE

Top **pitas** with **lamb mixture**, then sprinkle with **pine nuts** and **remaining parsley**. Drizzle with the **garlic toum** and cut **pitas** into wedges. Divide **pitas** and **salad** between plates. Squeeze over a **lemon wedge**, if desired.

NUTTY

Pine nuts add the perfect crunch to this savoury Middle Eastern lamb flatbread!