

# Lamb Flatbreads

Ready in 15 minutes, these flatbread lamb are sure to be a winner dinner



**15** mins

**8** ingredients

**\$5.15** / person

## Gear



Frying Pan

## Ingredients

**Serves = 4**

4x 100g lamb rump steaks

2 tbsn tandoori or tikka masala  
paste

1 tbsn extra virgin olive oil

4 wholemeal pita or flatbreads

2 tomatoes, diced

1 red onion, remove ends and  
papery skin then cut in half and  
thinly sliced

1 lebanese cucumber, diced

1 cup Greek or natural yoghurt

## It's this easy

- Brush the tandoori or tikka masala paste evenly over the lamb
- Heat the olive oil in a frying pan over a medium heat
- Add the lamb and cook for 6-7 minutes, turning it for an even cook. Place on a plate and set aside for 3 minutes before slicing thinly
- Warm the pita breads in the microwave for ~15 seconds then place on plates and top with the lamb, tomato, cucumber, red onion, and yoghurt

## Tweaks

- Add fresh mint or basil to the

yoghurt

- Add other fresh vegetables e.g. capsicum or rocket

## Notes

Nutrition information (per serve):

- Energy (1878kJ)
- Protein (32.7g)
- Total fat (14.3g)
- Saturated fat (3.9g)
- Carbohydrate (43.2g); Starch (27.9g), Sugars (15.3g), Added sugars (4.1g), Free sugars (6.2g)
- Dietary fibre (6.7g)
- Sodium (658mg)
- Calcium (197mg)
- Iron (6.1mg)

## Allergies

Contains: Gluten, Dairy, Sesame, Soy, Wheat, FODMAPs.

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