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WK38
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Moroccan Lamb Pizza

These flavoursome Moroccan flatbreads are an absolute delight. Feisty spiced lamb mince is cooled down with a creamy yoghurt drizzle, and the whole plate is bursting with gorgeous colour.



Prep: 15 mins

Cook: 15 mins

Total: 30 mins



level 1



high protein



outdoor eating

Pantry Items



Olive Oil



Lamb Mince



Garlic



Cumin & Paprika
Spice Mix



Parsley



Wholemeal Pizza
Bases



Tomato Paste



Red Onion



Roma Tomato



Greek Yoghurt



Lemon



Rocket

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2P	4P	Ingredients	
1 packet	2 packets	lamb mince	
1 clove	2 clove	garlic, peeled & crushed	⊕
1 sachet	2 sachets	cumin & paprika spice mix	
½ bunch	1 bunch	parsley, leaves picked & stalks finely chopped	⊕
2 tsp	1 tbs	olive oil *	
2	4	wholemeal pizza bases	
2 sachets	4 sachets	tomato paste (packaged with the pizza bases)	
½	1	red onion, finely sliced	⊕
2	4	Roma tomatoes, sliced	
1 tub	2 tubs	Greek yoghurt	
½	1	lemon, cut into wedges	⊕
1 bag	2 bags	rocket, washed	

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	3640	Kj
Protein	54.1	g
Fat, total	22.8	g
-saturated	8.1	g
Carbohydrate	100	g
-sugars	17.6	g
Sodium	1460	mg

2a



You will need: *chef's knife, chopping board, garlic crusher, medium bowl, medium frying pan, wooden spoon and small bowl.*

1 Preheat the oven to 220°C/200°C fan-forced.

2 In a medium bowl combine the **lamb mince, garlic, cumin & paprika spice mix** and **parsley stalks**. Heat the **olive oil** in a medium frying pan over a medium-high heat. Add the seasoned lamb mince and cook, breaking up with a wooden spoon, for **3 minutes** or until just browned. Remove from the pan and set aside.

Tip: The mince will continue cooking in the oven so don't worry if it's a little undercooked.

3 Place the **wholemeal pizza bases** on a flat surface. Spread evenly with the **tomato paste**. Top with the lamb mince, followed by the **red onion & Roma tomato slices**. Season with **salt and pepper**. Transfer the pizza bases directly on to the oven wire racks. Cook for **5-10 minutes** or until the pizza bases are golden. Remove the bases from the oven and top with the parsley leaves.

4 Combine the **Greek yoghurt** with the juice of half of the **lemon wedges** in a small bowl.

5 To serve, drizzle the lemon yoghurt over the pizzas and then top with **rocket**. Serve pizzas with remaining lemon wedges.

2b



3



5



Did you know? Tomato seedlings have been grown in space.