

Spicy Lamb Flatbread

Servings: 1

INGREDIENTS

- olive oil spray
- 1 ea red onion, halved, thinly sliced
- 1 ea red pepper, halved, deseeded, thinly sliced
- 8 oz lean lamb, minced
- 1 t ground cumin
- 1 t ground paprika
- 1 t ground coriander
- 2 T currants
- 2 T chopped fresh parsley
- 1/3 c Roseli® tomato sauce
- 1 Chef's Line™ Asian masala tandoori flatbread
- 1 bu rocket, trimmed, shredded
- 1/2 c low-fat natural yogurt

PREPARATION

Heat two large baking trays in a 425° oven for 10 minutes. Meanwhile, heat a large nonstick frying pan over medium heat. Spray with olive oil. Add the onion and pepper. Cook, stirring occasionally, for 4 to 5 minutes or until soft. Increase heat to high. Add the lamb. Cook, stirring with a wooden spoon to break up any lumps, for 4 to 5 minutes or until the lamb changes color. Add cumin, paprika and coriander. Cook, stirring, for 1 to 2 minutes or until aromatic. Remove from heat. Stir in the currants and parsley. Spread tomato sauce and lamb mixture onto the flatbread. Place on trays. Bake for 8 to 10 minutes or until bases are crisp. Cut each pizza into quarters. Top with rocket and serve with yogurt.

