



Women's Weekly
cookbooks

LAMB PITTAS

Prep + cook time: 35 minutes Serves: 4

Ingredients

LAMB PITTAS

- 2 tablespoons olive oil
- 250g (8 ounces) minced (ground) lamb
- 2 teaspoons cumin seeds
- 1 clove garlic, crushed
- 3 teaspoons finely chopped fresh rosemary
- 1/3 cup (35g) coarsely chopped walnuts

3/4 cup (195g) tomato passata

- 4 wholemeal pitta pocket breads
- 1/2 cup (140g) Greek-style yoghurt
- 2 tablespoons fresh flat-leaf parsley
- 1 tablespoon fresh mint leaves
- 4 lemon wedges

TURKISH SALAD

- 1 cup loosely packed fresh flat-leaf parsley leaves
- 1 cup loosely packed fresh mint leaves
- 1/4 cup (40g) pomegranate seeds
- 1/2 small red onion (50g), sliced thinly
- 80g (2 1/2 ounces) fetta, crumbled

1. Preheat oven to 220°C/425°F. Line two oven trays with baking paper.
2. Heat 1 tablespoon oil in a medium frying pan over high heat. Add lamb, cumin, garlic, rosemary and walnuts; cook, breaking up any lumps with a wooden spoon, for 5 minutes or until browned. Add passata; cook for 1 minute or until warmed through. Season to taste.
3. Place pitta breads on trays, top evenly with lamb mixture; drizzle with remaining oil. Bake pittas for 10 minutes or until crisp and golden.
4. **TURKISH SALAD** Combine all ingredients in a medium bowl. Season to taste.
5. Process yoghurt and herbs until smooth; season to taste. Top pittas with
6. Drizzle salad with yoghurt mixture and serve with lemon wedges.

Tips

Sugar alert! Check the pitta bread packet label for sugar amounts. Authentic pitta includes an absolute minimum of sugar, while widely available commercial brands include more. Tomato passata is pureed and sieved Italian tomatoes. Sold in bottles, it contains no added sugar, unlike bottled pasta sauce.