

Lamb flatbreads with pea guacamole

Ingredients

For the lamb flatbreads

3 x 5ml spoons oil
 1 x 5ml spoon dried chilli powder or ground paprika
 1 x 5ml spoon ground cumin
 Large bunch of fresh coriander or mint
 450g pack lean boneless lamb leg steaks
 6 flatbreads or naan breads

For the salad garnish

1 small red onion
 2 tomatoes
 ½ cucumber
 1 medium iceberg or romaine lettuce
 1 lime

For the pea guacamole

150g frozen peas
 1 small red chilli
 1 small red onion
 1 large garlic clove
 Small handful fresh coriander leaves
 2 x 15ml spoons fat-free Greek yogurt
 1 lime
 Black pepper



Serves 6

Equipment

Vegetable knife, chopping board, red chopping board, measuring spoons, large mixing bowl, mixing spoon, citrus juicer, microwavable bowl or small saucepan, colander, blender or food processor, small bowl, non-stick frying pan or griddle, heat resistant spoon, plate, serving plates.

Method

1. Chop the coriander or mint leaves, placing a small handful aside for the guacamole.
2. Trim any fat from the lamb steaks.
3. In a large bowl, mix the oil, spices and herbs together. Add the lamb steaks and coat well in the marinade. Cover and marinate in the fridge for 30 minutes.
4. Prepare the rest of the ingredients:
 - peel and finely slice one red onion;
 - peel and roughly chop the second red onion;
 - deseed and dice the tomato;
 - chop the cucumber
 - finely slice the lettuce;
 - cut one lime into wedges;
 - juice the second lime;

- deseed and roughly chop the chilli;
 - peel the garlic clove.
5. Microwave or boil the peas, following the instructions on the packet. Drain and blanch in cold water to refresh.
 6. To prepare the pea guacamole, put the peas, chopped chilli, chopped onion, garlic clove, coriander and lime juice in a blender or food processor.
 7. Whizz together until combined. Transfer to a small bowl.
 8. Add the yogurt to the bowl, season with black pepper and stir gently. Cover and set aside until required.
 9. Heat a dry non-stick frying or griddle pan over a high heat. When the pan is hot, reduce the heat, add the lamb steaks and cook for 4-6 minutes on each side.
 10. Remove the steaks from the pan, transfer to a warm plate, cover and leave to rest for 2 minutes, then cut into thin strips.
 11. Meanwhile, warm the flatbreads or naan breads.
 12. Build each flatbread starting with a spoonful of the pea guacamole. Arrange the lamb strips over the guacamole and add the remaining salad garnish.