



Spiced lamb flatbreads

Recipe by Peter Cooksley from School Food Matters

This is a fun, flexible meal — perfect for sharing and getting creative with whatever you've got!



Serves 4-5



25 minutes

INGREDIENTS

For the Toasties

- 1 pkt Mountain Bread
- 500g lamb mince
- 1 brown onion, grated
- 1 carrot, grated
- 1 tbsp cumin powder
- 2 tsp smoked paprika
- 2 tsp Chinese five spice
- 1 tsp black pepper
- 2 tsp salt

For the Yoghurt Sauce

- 200g yoghurt
- 1 garlic clove, crushed
- 1 tsp salt
- 1/2 tsp white pepper

For the Salad Platter

Use whatever's in the fridge! Some ideas:

- Carrot sticks
- Celery sticks
- Raw broccoli
- Cucumber
- Olives
- Herbs (mint, parsley, coriander)
- Salad leaves
- Cheese
- Hummus
- Pickles (any kind)

Make It Your Own

- Swap the lamb for beef, chicken, or a crumbled tofu with a little bit of chickpea flour.
- Use tortillas, pita breads wraps.
- Change the spices —curry powder, garlic lemon and parsley or (like me last week) a leftover packet of taco seasoning.
- Use whatever veggies the kids (or you!) will eat.



Afternoons
with Joel Rheinberger
on 936AM and the ABC listen app





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DIRECTIONS

1. Mix the Filling:

In a large bowl, combine the lamb mince, grated onion and carrot, and all spices. Mix well. Cook a small amount in a pan to check seasoning and adjust if needed.

2. Assemble the Toasties:

Cut the Mountain Bread sheets in half. Spread the lamb mixture thinly over half of the bread pieces. Top with the other halves to create flat toasties.

3. Cook:

Place each toastie into a sandwich press or pan fry on a medium heat until golden brown and crispy.

4. Make the Dip:

While toasties are cooking, mix garlic, salt, and white pepper into the yoghurt.

5. Build the Platter:

Cut raw vegetables into bite-sized pieces and place on a large platter with yoghurt dip, pickles, olives, and anything else that needs using in the fridge.

6. Serve:

Cut cooked toasties into fingers and serve warm alongside the platter.

7. Leftovers:

Save any uneaten toasties for lunchboxes the next day — they're great cold too!



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