

Lamb Kofta on a gluten free flatbread

Perfect for the weekend whatever the weather.

Serve with your favourite salads.



Ingredients

Makes 6

Kofta

- 400g Lamb mince
- small sprig of rosemary
- 1tsp of Lebanese seven spice
- 1tsp of garlic infused oil
- seasoning

Flatbread

- 250g white gluten free bread flour
- Seasoning
- 1/4tsp xanthan gum
- 1 egg
- 3tsp lactose free yoghurt
- 70mls of water

Method

Kofta

Chop the rosemary finely and then add the mince to a bowl and add the rest of the ingredients and mix well.

Weigh into 50g portion sizes and shape into sausages.

Fry in spray oil for 15 minutes (or until cooked through, thinner sausages cook faster) this should make 6 in total.

Flatbread

Place the flour into a bowl and add in the xanthan gum and mix well and then add the seasoning.

Add the liquid ingredients and bring the dough together with your hands.

Divide into 6 separate balls. Roll out and trim into a circle shape

Fry in a frying pan with a little spray oil, turning occasionally to brown both sides.

Add one Kofta to each flatbread and serve with feta cheese, a drizzle of olive oil, thyme and a tablespoon of pomegranate seeds per serving.

If you are following a FODMAP modified diet and can tolerate GOS (galacto-oligosaccharides) you could add a tablespoon of hummus to each flatbread.

Enjoy!