

Punk Chef Recipes

INGREDIENTS

for Lamb and apricot:

2 tablespoons olive oil

500g lean lamb, diced 1 onion, finely chopped

2 tablespoons ground cumin

2 tablespoons paprika

3 tablespoons ground cinnamon

2 tablespoons turmeric

175q dried apricots

2x 400g tins of chopped tomatoes

1 tablespoon chopped fresh coriander

Salt and pepper

for Garlic and herb flatbread:

350g self-raising flour

1 teaspoon baking powder

350g natural yoghurt 40g melted butter

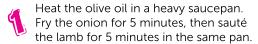
2 cloves of garlic

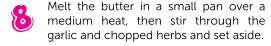
Bunch fresh parsley

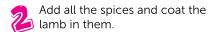
Bunch fresh coriander

Pinch of salt

METHOD









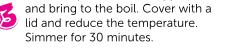
Add the apricots and chopped tomato



half. Divide each half into 6 equal-sized pieces (roughly the size of a golf ball).

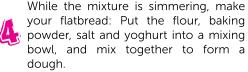
Dust a clean work surface and rolling

pin with flour, then divide the dough in



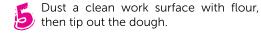


Pat and flatten the dough, then use a rolling pin to roll each piece into 12cm rounds, roughly 2mm to 3mm thick.



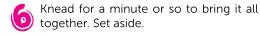


Place a griddle or frying pan on a high heat, then once hot, cook each one for 1 to 2 minutes on each side, or until bar-marked and puffed up, turning with tongs.





Brush the flatbreads all over with herby garlic butter as they come off the ariddle.



then finely chop the herb leaves,

without the stalks.



Once the lamb is tender after 30 minutes, season it with salt and pepper and pour into a bowl.

