

# Jason Pettit – Capital Radio Recipe



## **Turkish Flatbread with Beef, Feta and minted yoghurt**

**Yoghurt replaces the traditional yeast in this easy, no fuss flatbread dough.**

**Deliciously moreish, this easy to make flatbread is sure to delight everyone.**

### **Ingredients**

350	gram	Greek yoghurt	
350	gram	self raising flour	
2	Tsp	ground cumin	
½	Tsp	salt &	
½	Tsp	black pepper	
4	Tbsp	olive oil	
400	gram	minced beef	(20% fat, coarse grind)
2	each	spring onions	(cleaned & sliced 2mm)
2	each	garlic cloves	(peeled & diced finely)
1	Tsp	paprika	
1	Tsp	dried chili flakes	
4	sm	tomatoes	(diced 10mm)
2	Tbsp	tomato puree	
2	Tbsp	honey	
½	bunch	parsley	(picked & chopped)
60	gram	feta cheese	(loosely crumbled)
2	Tbsp	pomegranate seeds	(from whole fruit or bought)
6	Tbsp	Greek yoghurt	
1	Tbsp	mint leaves	(finely chopped)

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1 each lemon (quartered)

## **Method**

Place a large baking sheet into an oven and pre-heat to 220°C/ Gas 7.

Place flour, yoghurt, cumin, salt & black pepper in a bowl. Use your hands to mix and bring together into a dough.

Knead lightly on a floured work surface until a smooth dough is formed. Divide into 2 equal pieces and using a floured rolling pin, roll out to a loose oval shape.

Take the hot baking sheet out of the oven, place the dough onto the sheet and drizzle with 2 Tbsp of oil. Season lightly with salt and pepper. Return to the oven and bake for 8 – 10 minutes.

Pre heat a large frying pan / skillet over a medium to high heat and then add the minced beef. Sauté the minced beef until seared all over, breaking up any lumps with a wooden spoon / spatula.

Add the spring onion and garlic and sauté until fragrant and the garlic loses its rawness (approx. 90 seconds).

Add the paprika, chili flakes, diced tomatoes and tomato puree and cook until the tomatoes have softened, and the mix is quite dry. Remove from the heat and stir in half chopped parsley.

Remove the bases from the oven and spread the beef mix evenly. Drizzle with 2 Tbsp of olive oil and return to the oven for 2 minutes.

Make the minted yoghurt by mixing the yoghurt and chopped mint. Add a Tbsp of water if too thick and season lightly with salt.

Remove the flatbreads from the oven, sprinkle the crumbled feta over and 1 Tbsp of pomegranate seeds. Garnish with remaining chopped parsley.

Serve with a lemon quarters on the side.

Notes from the chef:

*If you wish to use lean minced beef, you will need to add some oil to the pan before sautéing the beef.*

*You can use minced lamb instead of beef.*

*You can replace half the minced beef with minced turkey for a healthier mix.*

*The spice level can be adjusted to suit personal taste.*

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Tbsp - tablespoon

Tsp - teaspoon

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## Notes from the chef for a Vegan Version;

### **Options**

*Replace the yoghurt with dairy free yoghurt*

*Alternative recipe;*

350	gram	self raising flour
$\frac{3}{4}$	Tsp	baking powder
$\frac{3}{4}$	Tsp	salt
50	ml	coconut oil
230	ml	water – room temperature

*Mix dry ingredients.*

*Add all of the oil and  $\frac{3}{4}$  of the water and mix to form a dough – add more water as needed to form a soft dough.*

*Knead on a floured work top until smooth.*

*Cover and rest in a warm spot for 15 minutes.*

*Proceed as per recipe*

*Replace the minced beef with commercial soy / meat free alternatives.*

*Replace the minced beef with a mixture of coarsely blended portobello / chestnut mushrooms*

*Replace the minced beef with seasonal vegetables and nuts coarsely blended.*

Tbsp - tablespoon

Tsp – teaspoon