

## STEP 6

- Dice the cucumber and tomatoes for the salad. Add the other half of the chopped parsley.



## STEP 7

- Lightly flour your work surface and divide the dough into 5/6 balls.
- Heat a frying pan on a high heat.



## STEP 8

- Roll out the dough into a thin oval. Put it into the hot pan for 30 secs (it will start to bubble slightly) then flip over and cook on the other side for 2 mins until there are a few brown speckles.
- Transfer to a plate and repeat to make all your flat bread, covering the cooked one with a damp tea cloth to keep them moist.



## STEP 9

- Take your flatbread out, add some veg topping, a sprinkle of parsley and some cheese (if using)!
- Enjoy with salad!



# VEGETARIAN LAHMACUN TURKISH STYLE PIZZA



## INGREDIENTS

### FLAT BREAD

- 250g self-raising flour
- 1 tbsp vegetable oil\*
- 140ml warm water\*

### TOPPINGS

- 1 onion, finely diced
- 1 red pepper, finely chopped
- 2 cloves of garlic, finely chopped
- 350g mushrooms, finely chopped
- 1 tsp sugar\*
- 1 tsp chilli powder
- 1 tsp cumin powder
- ½ tsp cinnamon (optional)\*
- 1 tbsp tomato puree
- Salt and pepper\*
- 30g freshly chopped parsley
- 350ml passata or 1 tin of chopped tomatoes
- 150g cheese, grated (optional)

## SERVES 5

### SALAD

- 1 cucumber
- 2 tomatoes
- Sprinkle of parsley
- Lemon juice (optional)

### ALLERGENS

Gluten (flour), Dairy (cheese)

### EQUIPMENT

Chopping board, sharp knife, large bowl, frying pan, saucepan, wooden spoon, damp tea towel, rolling pin.

### TOP TIP!

These flat breads are easy to make but you could also use a tortilla wrap or pitta bread.

\*not included

## STEP 1

- Put the flour in mixing bowl.
- Add 1 tbsp of oil and 120ml of the warm water.



## STEP 2

- Mix together until a dough forms, add a little more water if needed and knead with your hands for another minute to get a smooth dough.
- Cover the bowl with a damp tea towel for 15-30 mins and make your meat topping.



## STEP 3

- Finely dice the onions and garlic and peppers. Finely slice the mushrooms.
- Fry the onions over a medium heat for 3-4 mins, then add the garlic and fry for 2 mins.



## STEP 4

- Add the mushrooms and red pepper and fry for a further 4 mins.
- Then lower the heat and stir in the spices, tomato puree and season with salt and pepper.



## STEP 5

- Add the passata or tomatoes, sugar and half of the chopped parsley. Stir in and simmer gently for 10 mins.

