



# 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
- 175g 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

- 1 Heat the olive oil in a heavy saucepan. Fry the onion for 5 minutes, then sauté the lamb for 5 minutes in the same pan.
- 2 Add all the spices and coat the lamb in them.
- 3 Add the apricots and chopped tomato and bring to the boil. Cover with a lid and reduce the temperature. Simmer for 30 minutes.
- 4 While the mixture is simmering, make your flatbread: Put the flour, baking powder, salt and yoghurt into a mixing bowl, and mix together to form a dough.
- 5 Dust a clean work surface with flour, then tip out the dough.
- 6 Knead for a minute or so to bring it all together. Set aside.
- 7 Peel the garlic cloves and crush them, then finely chop the herb leaves, without the stalks.
- 8 Melt the butter in a small pan over a medium heat, then stir through the garlic and chopped herbs and set aside.
- 9 Dust a clean work surface and rolling pin with flour, then divide the dough in half. Divide each half into 6 equal-sized pieces (roughly the size of a golf ball).
- 10 Pat and flatten the dough, then use a rolling pin to roll each piece into 12cm rounds, roughly 2mm to 3mm thick.
- 11 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.
- 12 Brush the flatbreads all over with herby garlic butter as they come off the griddle.
- 13 Once the lamb is tender after 30 minutes, season it with salt and pepper and pour into a bowl.