



BBQ Lamb Flatbread

Toppings can be customized to give the flatbread different flavor profiles ****Multiply Flatbread Ingredients by 4**

U.S.

For Braised Lamb:

2 lbs	Lamb, stew meat	910 g
1 tsp	Salt, kosher	6 g
1 tsp	Black Pepper, ground	2.5 g
1 tsp	Dried thyme	1 g
1 tsp	Cumin, ground	1.5 g
1 tsp	Onion powder	1.5 g
1 tsp	Smoked paprika	1.5 g
1 Tbsp	Olive oil	15 mL
1/2 each	Onion	55 g
1/2 each	Carrot	50 g
2 each	Celery stalk	100 g
3 each	Garlic, cloves	9 g
2 Tbsp	Tomato paste	28 g
1/2 cup	Red Wine	118 mL
3 cup	Vegetable stock	711 mL

For One Flatbread:

1/4 each	Ciabatta dough (see recipe)
1/2 cup	BBQ sauce (see recipe)
1 cup	Braised Lamb
1/4 each	Pickled red onion (see recipe)
2 oz	Queso Fresco
1/4 cup	Cilantro

Preparation:

For the Braised Lamb:

1. Gather all ingredients and equipment.
2. Trim fat from the lamb and cut into 2-3 inches chunks. Season with salt, pepper, thyme, cumin, onion powder and smoked paprika.
3. Preheat pressure cooker, then add olive oil.
4. Sear the lamb until golden brown on each side. Remove and set aside.
5. Remove lamb chunks and add carrots, onion, and celery. Add lamb back to pressure cooker.
6. Add remaining ingredients. Braise for 45 minutes.

For the Flatbread:

1. Preheat the grill on high.
2. Place the dough on the grill, and flip when the dough has begun to bubble. Approx. 3-4 minutes per side.
3. Top each flatbread with toppings. Serve and Enjoy!

Nutrition Facts

4 Servings

Serving size **1/4 flatbread**

Amount per serving

Calories **240**

Calories from Fat 70

Total Fat 8 g

 Saturated Fat 3.5 g

 Trans Fat 0 g

 Monounsaturated Fat 2 g

Cholesterol 45 mg

Sodium 540 mg

Total Carbohydrate 23 g

 Dietary Fiber 2 g

 Total Sugars 6 g

 Includes 3g Added Sugars

Protein 18 g

Vitamin D 0 %

Calcium 4 %

Iron 15 %

Potassium 420 mg

Phosphorus 160 mg