



Lebanese Spiced Beef Pitta with Lemon Tahini

Tender beef seasoned with aromatic Lebanese spices, tucked into warm, fluffy pitta with fresh salad and herbs, then finished with a rich, creamy lemon tahini sauce. A delicious balance of savoury, smoky, zesty and nutty flavours.

Nutritional Info

Calories: 989 kcal
Carbohydrates: 78 g
Protein: 55 g
Fat: 51 g

Ingredients

- Irish Beef Mince
- Fresh parsley
- Pitta Bread
- Lebanese spice mix
- Garlic clove
- Honey Packet
- Lemon
- Little Gem
- Shallot
- Tomato
- Tahini

Your Pantry

- Olive Oil
- Salt

Allergens

Wheat (Pitta)
Sesame (Tahini)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) Preheat the oven to 220°C

2) Prepare the vegetables

Peel and finely chop the onion and garlic. Wash, pat dry, and shred the lettuce. Slice the tomatoes. Chop the parsley.

3) Make the beef mix

Add half of the parsley (and save some for later) and all of the onion and garlic to a bowl with the beef mince and Lebanese spice mix. Mix very well.

4) Make the pittas

Cut the pittas halfways across the width. Gently cut open the pitta halves and place the meat inside. Close, then press to spread to the edge and making the beef mix fairly evenly flat across the inside of the pitta.

Top tip: If the pitta seems a little dry and you are worried they will break - pop them in the microwave for a few seconds one at a time

5) Cook the pittas

Brush (or use your fingers to spread) both sides of the pitta with olive oil then place the pieces on a baking sheet/tray lined with baking parchment or paper. Cook for about 14 minutes, turning over half way through cooking. At this point they should be golden and crispy and the meat cooked through.

While the pitta is cooking move on to the next step.

6) Make the dressing

This is very much to your taste so add as much or as little honey and lemon as you like. Start by combining the tahini with a pinch of salt and enough water to make a slightly thick drizzle. Then add in some honey and lemon to taste - we used around 2.5tsp of lemon juice per person and half a portion of honey per person portion.

7) Make the salad

Toss together the lettuce, tomatoes, and remaining parsley with a drizzle of oil, a squeeze of the remaining lemon juice, and a pinch of salt.

8) Serve the dish

Remove the pittas from the oven and cut into quarters. Serve alongside the salad. Use the tahini drizzle as a dipping sauce or drizzle over the pittas and salad. Enjoy!



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