



TURKEY

LUNCH

PRINTABLE RECIPE PDF

## Turkish Lahmacun

Lahmacun is a traditional Turkish dish that is often referred to as 'Turkish pizza'. It originates from southeastern Turkey and has historical roots in the

PREP

30 min

COOK

15 min

SERVINGS

2

DIFFICULTY

Easy

### SHOPPING LIST

## Ingredients

- 200 g ground lamb or beef - can use a mix of both
- 1 medium onion - finely chopped
- 2 cloves garlic - minced
- 1 medium tomato - finely chopped
- 1 tbsp tomato paste
- 1 tbsp red pepper paste - can substitute with more tomato paste
- 1 tsp cumin
- 1 tsp paprika
- 1 tsp black pepper
- 1 tbsp olive oil
- 2 pieces flatbreads - store-bought or homemade
- 1 cup parsley - finely chopped, for garnish
- 1 lemon - cut into wedges, for serving

### WHY THIS WORKS

## About this recipe

A printable Turkish Lahmacun recipe PDF with ingredients, cooking times and step-by-step instructions.

### MEDITERRANEAN NOTE

Lahmacun is a traditional Turkish dish that is often referred to as 'Turkish pizza'. It originates from southeastern Turkey and has historical roots in the Arab cuisine. This flatbread topped with minced meat and spices is

## ORIGIN &amp; TRADITION

## Mediterranean context

Lahmacun is a traditional Turkish dish that is often referred to as 'Turkish pizza'. It originates from southeastern Turkey and has historical roots in the Arab cuisine. This flatbread topped with minced meat and spices is both a street food staple and a beloved homemade dish, showcasing the rich flavors and culinary culture of the region.

## METHOD

## Step-by-step instructions

1

In a skillet, heat olive oil over medium heat. Add the chopped onion and minced garlic, sautéing until the onion is translucent.

2

Add the ground lamb or beef to the skillet. Cook until browned, breaking it up with a spoon as it cooks.

3

Stir in the finely chopped tomato, tomato paste, red pepper paste, cumin, paprika, black pepper, and a pinch of salt. Cook for an additional 5 minutes until the mixture is well combined and flavors meld.

4

Preheat your oven to 220°C (428°F). Spread the meat mixture evenly over the flatbreads, covering them completely.

5

Place the flatbreads on a baking sheet and bake in the preheated oven for 10-12 minutes or until the edges are slightly crispy.

6

Remove from the oven, and let cool for a minute. Garnish with chopped parsley and serve with lemon wedges on the side.

## CHEF'S TIP

For an authentic touch, serve Lahmacun rolled up with fresh herbs and a squeeze of lemon inside.

**NUTRITION PER SERVING (EST.)**

|               |                 |        |               |
|---------------|-----------------|--------|---------------|
| Calories      | <b>450 kcal</b> | Fat    | <b>20 g</b>   |
| Protein       | <b>25 g</b>     | Fiber  | <b>4 g</b>    |
| Carbohydrates | <b>40 g</b>     | Sodium | <b>600 mg</b> |

**SERVING SUGGESTION**

Traditionally, Lahmacun is served with a side of fresh herbs, such as parsley and mint, and a wedge of lemon to add brightness to the flavors.

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