

## Middle Eastern lamb wrap with hummus

### Ingredients: (Serves 4)

400g can chickpeas, rinsed and drained  
2 tablespoons tahini  
1 garlic clove  
juice of a lemon  
2 tablespoons olive oil, plus 1 tablespoon extra  
2 cups rocket  
1 Lebanese cucumber, thinly sliced on an angle  
4 radish, thinly sliced  
½ bunch of mint, leaves picked  
1 tablespoon red wine vinegar  
500g lamb mince  
1 tablespoon cumin seeds  
2 teaspoons fennel seeds  
½ teaspoon chilli flakes  
pinch of salt  
4 flatbreads wraps  
½ cup Greek yoghurt

### Method:

1. To make the hummus, combine chickpeas, tahini, garlic, lemon juice, two tablespoons oil in a small food processor. Blitz until smooth, then set aside.
2. Combine rocket, cucumber, radish and mint leaves in a small bowl. Drizzle over red wine vinegar and toss to coat.
3. Heat remaining one tablespoon oil in a large frying pan over medium-high heat. Cook lamb mince, breaking up with a wooden spoon, for 5-6 minutes or until browned. Add cumin seeds, fennel seeds and chilli flakes and cook for a further 1-2 minutes or until fragrant. Season with a pinch of salt.
4. Just prior to serving, warm flatbreads if desired. Divide between serving plates, then top with hummus, lamb mince and rocket salad. Finish with a dollop of Greek yoghurt.