

taste daily

TONIGHT'S DINNER FROM



MIDDLE EASTERN LAMB PIZZA

Makes: 4

- 300g (2 cups) plain flour
- 95g (1/3 cup) Greek-style yoghurt, plus extra, to serve
- 100ml olive oil
- 1 onion, finely chopped
- 2 cloves garlic, finely chopped
- 600g minced lamb
- 2 teaspoons ground cumin
- 1/2 teaspoon ground cinnamon
- 90g (1/2 cup) tomato paste
- 400g can chickpeas, rinsed, drained
- coriander leaves and lemon wedges, to serve

Recipe: Sophia Young
Photo: Brett Stevens

1. To make pizza dough, place flour and 1 teaspoon salt in a bowl. Make a well in the centre, pour in 125ml (1/2 cup) hot water, yoghurt and 2 tablespoons oil, and stir until mixture comes together. Turn dough out on a lightly floured surface and knead until just smooth. Form into a ball and wrap in plastic wrap. Set aside.
2. Place 2 heavy-based oven trays in the oven and preheat to 220C.
3. Heat remaining 60ml (1/4 cup) oil in a frying pan over medium heat. Add onion, garlic and 1 1/2 tsp salt, and cook, stirring occasionally, for 5 minutes or until soft. Add lamb and cook, breaking up with a wooden spoon, for 3 minutes or until lightly browned. Add spices, tomato paste and 60ml (1/4 cup) water, and cook, stirring, for 2 minutes.
4. Divide dough into 4. Roll out each portion to a 12cm x 30cm rectangle on individual floured sheets of baking paper. Spread one-quarter of lamb mixture over each pizza base and top with one-quarter of chickpeas. Slide 2 pizzas with baking paper onto each hot tray and bake for 10 minutes, swapping trays halfway, or until bases are crisp and browned.
5. Top pizzas with large spoonfuls of extra yoghurt, scatter with coriander leaves and serve with lemon wedges.

TOMORROW'S RECIPE: HONEY GARLIC PRAWNS

READER'S TIP

When braising meat, cook it at a low temperature for a long time to keep the meat tender.
Maggie, QUEENSLAND

HOW TO GET KIDS TO ...

... grow their own vegies

Enjoy the fruits of their labour – or in this case, vegies of their labour – by helping littlies establish a backyard vegie patch.

MAT PEMBER from the Little Veggie Patch Co, a business dedicated to encouraging families to grow their own vegies, says encouraging children to get their hands dirty in a vegie patch is the best way to not only spend time together, but also to help broaden their developing palates. Here are Mat's top five tips to encourage children into the garden.

1. Give your kids ownership of the patch by dedicating a section especially for them and by letting them plant it out. Don't underestimate the value of involving the kids in as many of your gardening activities as possible. And let them use the 'grown-up' tools so they feel they are contributing in a meaningful manner.
2. Kids are renowned for short attention spans. For this reason there is no point planting onions that take half a year from sow to harvest.

Stick with vegetables that are quick and easy to grow so that you are rewarded with rapid successes – such as lettuce, peas and radish.

3. Incorporate creative activities into your vegetable gardening. Plaques that name the vegetables and scarecrows to frighten pests are fun exercises that add an extra dimension to the basics.
4. Growing vegetables is, at the best of times, a dirty process. To most kids this could be the great appeal! Encourage them to dig and forage. Let them turn over the soil and add the compost. Worm farming is a brilliant way of encouraging kids to recycle.
5. Most importantly, grow vegies your kids will eat and easily recognise. Growing food is a great way of showing where their food comes from. Eating it directly from the garden will help establish good eating habits that last.

littlevegiepatchco.com.au



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