

# Fresh Canadian Lamb



# Pizza pita with spicy lamb

Serves four

Preparation time: 15 minutes

Cooking time: 10 minutes

Cost: \$

## Ingredients

1 tbsp	Olive oil	15 ml
1 lb	Ground lamb	500 g
	Salt and pepper (to taste)	
2 tsp	Harissa or hot pepper	10 ml
½ tsp	Ground cumin	2 ml
½ tsp	Fennel seeds	2 ml
4	Pita bread, medium-sized	4
½ cup	Tomato sauce	125 ml
1	Onion, thin rings	1
1	Red pepper, cut into strips	1
1 cup	Mozzarella cheese, grated	250 ml
2 tbsp	Pine nuts	30 ml
¼ cup	Fresh coriander, chopped	50 ml

## Method

Preheat oven to 450 °F (230 °C). In a frying pan, heat oil to medium-high. Brown the lamb for 5 to 10 minutes along with the harissa and spices. On 4 pitas spread the tomato sauce, vegetables, cheese, lamb and pine nuts. Place on a cookie sheet in the oven for 10 minutes. Finish cooking on broil, and sprinkle with coriander at serving time.

Serve with a green salad.

*For an original form of appetizer, replace the medium-sized pita bread with smaller ones. (You can also substitute traditional pizza dough for the pita bread, placing it in the oven for 30 minutes, or until it is cooked golden-brown.)*

\$ = \$5–\$10

\$\$\$ = \$20–\$25

\$\$ = \$10–\$20

\$\$\$\$ = \$25 and up

## Per serving:

Calories: 572; Fat: 22.1 g; Protein: 49.5 g; Cholesterol: 128 mg;

Sodium: 768 mg; Carbohydrate: 42.1 g; Fibre: 3.0 g