Crispy beef and hummus flatbreads

Serves 1

½ tsp olive oil

145g lean beef mince (5% fat)

2 garlic cloves, peeled and crushed

½ tsp ground cumin

½ tsp smoked paprika

½ tsp ground cinnamon

95g tinned chickpeas, drained

Juice of ½ lemon

Pinch of salt

1 wholewheat flatbread or tortilla wrap

2 tbsp yoghurt, such as Greek, natural, soya

1 tsp harissa paste

35g pomegranate seeds

Small bunch of parsley, leaves chopped

Green salad, to serve

Method

Heat the oil in a frying pan, add the beef and 1 clove garlic and fry over a high heat for 5 minutes; use a wooden spoon to break up the beef into small pieces as it fries. Turn the heat down, add the spices and continue to fry for 5 minutes, stirring regularly until the beef is crisp.

Meanwhile, tip the chickpeas into a bowl with a splash of water and heat in the microwave for a couple of minutes. Tip into a food processor with the remaining clove garlic, lemon juice and a pinch of salt and blend until smooth (add a little extra water or lemon juice if it needs it).

Warm the flatbread in the toaster or under the grill then spread with the hummus. Pile the beef on top then mix together the yoghurt and harissa and drizzle over the top. Scatter over the pomegranate seeds and parsley and serve with a simple green salad.

Tip

Make extra portions of the hummus to have as a snack. Your amount for 1 snack will be the same as in the recipe above. Simply serve with a few carrot sticks. Refer to Snacks section for more detail.