

flatbreads) — Ground Beef & Herbs Snack / light meal • Makes 8 • ~45

Snack / light meal • Makes 8 • ~45 minutes • Sweden-friendly



Photo: Lambros

Ingredients

- Dough: 350 g plain flour, 1/2 tsp salt, 200 ml warm water, 1 tbsp oil
- Filling: 350 g ground beef, 1 small onion (grated or very finely chopped), 1/2 bunch parsley (chopped), 1/2 bunch dill (chopped, optional but great), 1 tsp cumin, 1 tsp sumac (optional), salt + pepper
- Optional: 1–2 tbsp pomegranate molasses or a squeeze of lemon (brightens filling)
- To serve: yoghurt (or sour cream/gräddfil), lemon wedges, extra sumac/chilli flakes
- For cooking: a dry pan; butter for brushing (optional)

Steps

1. Make dough: Mix flour and salt. Add warm water and oil; knead 5–6 minutes until smooth. Cover and rest 20 minutes.
2. Mix filling: Combine beef, onion, herbs, cumin, sumac (if using), salt and pepper. Add pomegranate molasses/lemon if you like. Keep mixture loose (add 1 tbsp water if very stiff).
3. Divide: Split dough into 8 balls. Keep covered.
4. Roll: Roll each ball into a very thin circle (about 22–24 cm).
5. Fill & seal: Spread a thin layer of filling over half the circle, leaving a small border. Fold over to make a half-moon and press edges firmly (crimp).
6. Cook: Heat a dry pan over medium-high. Cook qutab 2–3 min per side until browned spots appear and meat is cooked through (reduce heat if browning too fast).
7. Finish: Optional: brush with a little butter while hot. Stack and keep warm under a towel.
8. Serve: Serve with yoghurt and a squeeze of lemon; sprinkle sumac if you have it.

Notes

- If you want it milder for kids, skip chilli and keep cumin light. You can swap beef for lamb or

use a cheesenherb filling (spinach + feta) another time. If the dough springs back, let it rest 5 minutes and roll again.