

Tunisian Madfouna (Stuffed Lamb and Vegetable Pie)

Madfouna is a traditional Tunisian stuffed pie, filled with spiced ground lamb, vegetables, and herbs, baked to perfection inside a thin dough crust. This flavorful dish showcases Tunisian spices and rustic home cooking.



Tunisian

60 min

Total time

Medium

Difficulty

550

kcal / serving

Ingredients

- 100g ground lamb
- 1 small onion, finely chopped
- 1 garlic clove, minced
- 50g chopped tomatoes
- 30g chopped potatoes
- 15g chopped carrots
- 1 tbsp olive oil
- 1 tsp harissa (optional)
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1/4 tsp ground cinnamon
- Salt and pepper to taste
- 50g thin flatbread dough or puff pastry
- Fresh parsley, chopped (for garnish)

Steps

- 1 Preheat oven to 180°C (350°F).
- 2 Heat olive oil in a pan over medium heat. Add onions and garlic, sauté until soft.
- 3 Add ground lamb, cook until browned.
- 4 Stir in chopped tomatoes, potatoes, carrots, cumin, coriander, cinnamon, harissa, salt, and pepper. Cook for 10 minutes until vegetables are tender and mixture thickens.
- 5 Roll out flatbread dough into a circle.
- 6 Place the lamb and vegetable filling in the center of the dough.
- 7 Fold dough edges over to enclose the filling, sealing it well.
- 8 Place the stuffed pie on a baking sheet and bake for 25-30 minutes until golden brown.

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Remove from oven, garnish with fresh parsley, and serve warm.