

Eat Within 4 Days

COOK

Ham Flatbread Foldover

with piquanté peppers & tzatziki

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Lunch: Serves 3 & 4

Chef: Jemimah Smith

Nutritional Info	Per 100g	Per Portion
Energy	875kJ	1705kJ
Energy	209kcal	408kcal
Protein	11.3g	22g
Carbs	26g	52g
of which sugars	3.4g	6.6g
Fibre	2.3g	5g
Fat	6.1g	11.9g
of which saturated	2.7g	5.4g
Sodium	651mg	1269mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Soya, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3	4	Naan Breads
90ml	125ml	Tzatziki
60g	80g	Green Leaves *rinse & roughly shred*
3 units	4 units	Sliced Pork Ham
45g	60g	Piquanté Peppers *drain*
60g	80g	Danish-style Feta *drain*

From Your Kitchen

Water
Seasoning (salt & pepper)

1. NOW FOR THE NAAN Heat the naan bread in a microwave until softened, 15 seconds. Allow to cool slightly before assembling.

2. LAYERS OF FLAVOUR Spread the heated naan with ½ of the tzatziki. Top with the salad leaves, the ham, and the peppers. Crumble over the feta. Dollop over the remaining tzatziki.