



# UCCOOK

## Ham Flatbread Foldover

with piquanté peppers & tzatziki

Wish you were rather travelling the globe today instead of working on that 200-slide presentation, Chef? Take your tastebuds on a culinary tour, from India, Greece, to Italy with this ham, feta, tzatziki & piquanté peppers naan foldover.

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**Hands-on Time:** 10 minutes

**Overall Time:** 10 minutes

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**Serves:** 1 Person

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**Chef:** Jemimah Smith

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\*New Lunch

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### Ingredients & Prep

|        |  |
|--------|--|
| 1      | Naan Bread                                       |
| 30ml   | Tzatziki   |
| 20g    | Salad Leaves<br><i>rinse &amp; roughly shred</i> |
| 1 unit | Sliced Ham                                       |
| 15g    | Piquanté Peppers<br><i>drain</i>                 |
| 20g    | Danish-style Feta<br><i>drain</i>                |

### From Your Kitchen

Salt & Pepper  
Water

**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 drained peppers. Crumble over the feta. Dollop over the remaining tzatziki.

### Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 791kJ   |
| Energy             | 189kcal |
| Protein            | 10g     |
| Carbs              | 24g     |
| of which sugars    | 4g      |
| Fibre              | 1.2g    |
| Fat                | 5.6g    |
| of which saturated | 2.4g    |
| Sodium             | 555mg   |

### Allergens

Gluten, Allium, Wheat, Sulphites, Soy,  
Cow's Milk

Eat  
Within  
3 Days