



UCOOK

Vegetarian Fig & Artichoke Flatbread

with caramelised onion & Danish-style feta

A golden blend of caramelised onion, sweet fig slices, and velvety artichoke sauce dances atop crisp flatbread. Each bite includes caramelised perfection, creamy yoghurt richness, and the satisfying crunch of toasted almonds. Crowned with creamy feta, greens, and a sweet balsamic drizzle, it's a culinary masterpiece!

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Samantha du Toit

 Adventurous Foodie

 Laborie Estate | Laborie Sauvignon Blanc 2023

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Ingredients & Prep

30g	Almonds <i>roughly chopped</i>
1	Onion <i>peeled & finely sliced</i>
8g	Fresh Thyme <i>rinsed</i>
150ml	Low Fat Plain Yoghurt
300g	Artichoke Hearts <i>drained & roughly chopped</i>
30ml	Lemon Juice
3	Flatbreads
1	Fresh Figs <i>rinsed & sliced into rounds</i>
30ml	Sweet Balsamic <i>(15ml Honey & 15ml Balsamic Vinegar)</i>
60g	Green Leaves <i>rinsed</i>
150g	Danish-style Feta <i>drained</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter (optional)
Sugar/Sweetener/Honey

1. GOLDEN ALMONDS Preheat the oven to 200°C. Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. THYME TO FRY Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion and the rinsed thyme sprigs until caramelised, 10-12 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, discarding the thyme sprigs, season, and cover.

3. PERFECT PURÉE To a blender, add the yoghurt, ½ the caramelised onion, ⅔ of the chopped artichokes, the lemon juice (to taste), 2 tbsp of water, and seasoning. Blend until smooth. Set aside.

4. INTO THE OVEN Spread the artichoke sauce over the flatbreads. Top with the fig slices, the remaining artichokes, and the remaining caramelised onion. Drizzle with olive oil and ½ the sweet balsamic. Season and bake in the hot oven until golden and sticky, 5-8 minutes.

5. FINAL TOUCHES Top the fig & artichoke flatbreads with the rinsed green leaves, the drained feta, and the toasted almonds. Drizzle with the remaining sweet balsamic. Perfection, Chef!

Nutritional Information

Per 100g

Energy	593kJ
Energy	142kcal
Protein	4.7g
Carbs	18g
of which sugars	7.7g
Fibre	2.6g
Fat	5.1g
of which saturated	2.1g
Sodium	280mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Tree Nuts

Cook
within
4 Days