



U C O O K

— COOKING MADE EASY

SPICED BUTTERNUT FLATBREAD

with crispy chickpeas & chimichurri crème

A crispy flatbread base draped in mixed cheese, roast butternut, caramelised onion, chickpeas, and chimichurri-infused crème fraîche. This veggie medley will have your feet tapping under the table!

Prep + Active Time: 45 minutes

Total Cooking Time: 65 minutes

 **Serves:** 4 people

 **Chef:** Runet Van Heerden

 **Vegetarian**

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Ingredients

1000g	Butternut Chunks <i>cut into bite-size pieces</i>
2	Onion <i>peeled & cut into thin wedges</i>
40ml	NOMU Cajun Rub
240g	Chickpeas <i>drained & rinsed</i>
100ml	Crème Fraîche
100ml	Princess Pesto Chimichurri
4	Pizza Bases
400g	Grated Mozzarella & Cheddar Mix
80g	Green Leaves <i>rinsed</i>
60ml	Balsamic Reduction

From Your Kitchen

Oil (cooking, olive & coconut)
Tinfoil
Salt & Pepper
Water



CHEF'S TIP

Butternut has high levels of vitamin C, Vitamin E and Beta-carotene, all antioxidants that prevent or slow cell damage and reduce inflammation.

1. CRISPY ROAST VEG

Preheat the oven to 200°C. Line a roasting tray with tinfoil and spread the butternut pieces and onion wedges over it. Coat in oil, the Cajun Rub to taste, and seasoning. Roast in the hot oven for 35-40 minutes, until cooked through and crispy.

2. CHEEKY CHICKPEAS

Place a pan over a medium-high heat with a drizzle of oil. When hot, toast the drained chickpeas for 12-15 minutes until crispy and caramel in colour, only shifting occasionally. If they start to pop out, use a lid to rein them in. Season on completion and set aside for plating.

3. GET FRAÎCHE

Combine the crème fraîche with the chimichurri. Season to taste and set aside for serving.

4. PREP THE FLAT BREAD

Once the butternut and onion are cooked, remove from the oven and set aside. Discard the tinfoil. Return the tray to the oven and turn up the temperature to maximum. Place a second tray in the oven as well so there is space for all 4 pizza bases. Once the trays are hot, slide on the pizza bases and par bake for 3-5 minutes until lightly golden. Remove the bases from the oven, leaving the trays inside to keep hot.

5. TIME TO ASSEMBLE!

Flip the bases over onto the other side, sprinkle with the grated cheese, and top with the roast onion and butternut. Slide the flatbreads back onto the hot trays and bake for 5-10 minutes until the cheese has melted and the base is crispy.

6. FINISHING TOUCHES

Time to plate up. Top the flatbreads with the crispy chickpeas and rinsed green leaves. Dollop with the creamy chimichurri and drizzle over some balsamic reduction. Would you look at that, Chef!

Nutritional Information

Per Serving

Energy (kJ)	5058
Energy (kcal)	1233
Protein	44
Carbs	131
of which sugars	37
Fibre	19
Fat	50
of which saturated	24
Salt	5

Cook within: 1 days

Allergens: Gluten Dairy Allium Wheat



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