



# WCOOK

## Chorizo Flatbreads

with a yoghurt drizzle

**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

**Quick & Easy:** Serves 1 & 2

**Chef:** Jade Summers

**Wine Pairing:** Painted Wolf Wines | The Den Chenin Blanc

### Nutritional Info

	Per 100g	Per Portion
Energy	474kJ	2364kJ
Energy	113kcal	565kcal
Protein	5.4g	26.9g
Carbs	14g	68g
of which sugars	2.4g	11.9g
Fibre	1.5g	7.6g
Fat	4.2g	20.9g
of which saturated	1.3g	6.7g
Sodium	322.9mg	1612mg

**Allergens:** Cow's Milk, Gluten, Allium, Wheat, Sulphites, Alcohol

**Spice Level:** Moderate

Eat Within 4 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
1	1	Bell Pepper <i>rinse, deseed &amp; cut into strips</i>
50g	100g	Sliced Pork Chorizo <i>roughly chop</i>
1	2	Naan Bread/s
50ml	100ml	Low Fat Plain Yoghurt
3g	5g	Fresh Coriander <i>rinse, pick &amp; finely chop</i>
20g	40g	Pickled Onions <i>drain &amp; roughly chop</i>
20g	40g	Pitted Kalamata Olives <i>drain &amp; halve</i>

## From Your Kitchen

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Oil (cooking, olive or coconut)

Water

Butter

Seasoning (salt & pepper)

**1. PEPPERS & CHORIZO** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the pepper until lightly charred, 3-4 minutes (shifting occasionally). In the final minute, add the chorizo. Fry until slightly warmed through, 1-2 minutes.

**2. NAAN** Return the pan, wiped down, to medium heat with a drizzle of oil and a knob of butter. When hot, toast the naans until golden, 1-2 minutes per side.

**3. HERBED YOGHURT** To a bowl, add the yoghurt, and ½ the coriander. Loosen with a splash of water, and season.

**4. SAVOUR THE FLAVOUR** Plate up the naan/s. Top with the pepper & chorizo, the onion, and the olives. Drizzle over the yoghurt. Scatter over the remaining coriander. Enjoy!