



# WCOOK

## German Chicken & Feta Flammekueche

with a creamy mustard base

**Hands-on Time:** 15 minutes

**Overall Time:** 30 minutes

**Adventurous Foodie:** Serves 1 & 2

**Chef:** Flight Centre

**Wine Pairing:** Deetlefs Wine Estate | Deetlefs Stonecross Chardonnay

<b>Nutritional Info</b>	Per 100g	Per Portion
Energy	958kJ	7368kJ
Energy	229kcal	1762kcal
Protein	10.1g	77.9g
Carbs	31g	240g
of which sugars	7.4g	56.6g
Fibre	1.8g	13.6g
Fat	7.3g	56.4g
of which saturated	3.2g	24.4g
Sodium	373mg	2868mg

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

**Spice Level:** None

Eat Within 1 Day

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
10g	20g	Almonds
150g	300g	Free-range Chicken Mince
5ml	10ml	NOMU Italian Rub
1	2	Fresh Dough Ball/s
60ml	120ml	Mustard Base <i>(20ml [40ml] Wholegrain Mustard &amp; 40ml [80ml] Crème Fraîche)</i>
30g	60g	Danish-style Feta <i>drain</i>
50g	100g	Grated Mozzarella Cheese
1	1	Apple <i>rinse, peel, core &amp; thinly slice ½ [1]</i>
10g	20g	Green Leaves <i>rinse</i>
25ml	50ml	Balsamic Reduction

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Flour  
Rolling Pin

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

2. **MMMINCE** Return the pan to medium-high heat with a drizzle of oil. Fry the mince along with the NOMU rub, working quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally).

3. **ALL ABOUT THE BASE** Sprinkle a flat surface with some flour. Alternatively, grease the counter with some cooking spray. Using a rolling pin, roll out each of the flammekueche dough ball/s to form a round thin base. Place the base/s on an oven tray. Spread the mustard base over the base/s and carefully place the tray in the oven. Cook until the base/s is [are] crispy, 10-12 minutes. You may need to do this step in batches.

4. **MAKE IT CHEESY** When the flammekueche has 3-4 minutes remaining, remove from the oven and top with the mince, the feta and the mozzarella. Add the apple and some seasoning. Return to the oven for the remaining time or until the cheese is melted.

5. **FLAMMING FLAMMEKUECHE** When the flammekueche/s is [are] finished, garnish with the green leaves and toasted almonds. Drizzle over the balsamic reduction. Yum, Chef, the flammekueche/s is [are] ready!