



UCCOOK

Spicy Chorizo Flatbreads

with a yoghurt & mint drizzle

Naan can compare to this dinner, Chef! Golden pan-toasted naan bread is topped with tasty textures and flavours, including salty chorizo, charred bell pepper, briny olives, & pickled onions. Balanced with a fresh mint & yoghurt drizzle.

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Jade Summers

Quick & Easy

KWV - The Mentors | KWV The Mentors
Chenin Blanc

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Ingredients & Prep

1	Bell Pepper <i>rinse, deseed & cut into strips</i>
1	Naan Bread
50ml	Low Fat Plain Yoghurt
3g	Fresh Mint <i>rinse, pick & finely chop</i>
20g	Pickled Onions <i>drain & roughly chop</i>
20g	Pitted Kalamata Olives <i>drain & halve</i>
50g	Sliced Pork Chorizo <i>roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter

1. PEPPERS & CHORIZO Place a pan over medium-high heat with a drizzle of oil. When hot, fry the pepper slices 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 naan until golden, 1-2 minutes per side.

3. MINTY YOGHURT To a bowl, add the yoghurt, and ½ the chopped mint. Loosen with a splash of water, and season.

4. SAVOUR THE FLAVOUR Plate up the toasted naan. Top with the charred pepper & chorizo, the chopped onion, and the halved olives. Drizzle over the yoghurt. Scatter over the remaining mint. Enjoy!

Nutritional Information

Per 100g

Energy	474kJ
Energy	113kcal
Protein	5.4g
Carbs	14g
of which sugars	2.4g
Fibre	1.5g
Fat	4.2g
of which saturated	1.3g
Sodium	322.9mg

Allergens

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

Eat
Within
4 Days