



UCCOOK

Ham Flatbread Foldover

with piquanté peppers & tzatziki

Wish you were rather travelling the globe today instead of working on that 200-slide presentation, Chef? Take your tastebuds on a culinary tour, from India, Greece, to Italy with this ham, feta, tzatziki & piquanté peppers naan foldover.

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Serves: 2 People

Chef: Jemimah Smith

*New Lunch

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Ingredients & Prep

2	Naan Bread
60ml	Tzatziki
40g	Salad Leaves <i>rinse & roughly shred</i>
2 units	Sliced Ham
30g	Piquanté Peppers <i>drain</i>
40g	Danish-style Feta <i>drain</i>

From Your Kitchen

Salt & Pepper
Water

1. NOW FOR THE NAAN Heat the naan bread in a microwave until softened, 15 seconds. Allow to cool slightly before assembling.

2. LAYERS OF FLAVOUR Spread the heated naan with ½ of the tzatziki. Top with the salad leaves, the ham, and the drained peppers. Crumble over the feta. Dollop over the remaining tzatziki.

Nutritional Information

Per 100g

Energy	791kJ
Energy	189kcal
Protein	10g
Carbs	24g
of which sugars	4g
Fibre	1.2g
Fat	5.6g
of which saturated	2.4g
Sodium	555mg

Allergens

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

Eat
Within
3 Days