



Creamy Feta Dip and Flatbread Dunkers with a Parsley and Chilli Drizzle

Special Sides 15-20 Minutes • Medium Spice • Veggie

4A

Find all your unchilled Market items in bag A.



Red Chilli



Flat Leaf Parsley



Lemon



Greek Style Flatbreads



Garlic Clove



Feta Cheese

Pantry Items
Olive Oil, Honey

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

Bowl, blender, garlic press and baking tray.

Ingredients

Ingredients	Quantity
Red Chilli**	1
Flat Leaf Parsley**	1 bunch
Lemon**	1
Greek Style Flatbreads 13)	4
Garlic Clove**	1
Feta Cheese** 7)	200g

Pantry	Quantity
Olive Oil*	7 tbsp
Honey*	1 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	373g	100g
Energy (kJ/kcal)	4175 /998	1121 /268
Fat (g)	60.0	16.1
Sat. Fat (g)	23.7	6.4
Carbohydrate (g)	77.2	20.7
Sugars (g)	13.9	3.7
Protein (g)	35.8	9.6
Salt (g)	3.80	1.02

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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1



Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Halve the **chilli** lengthways, deseed, then finely chop.
- Finely chop the **parsley** (stalks and all).
- Juice the **lemon**.
- Slice each **flatbread** into **quarters**.
- Peel the **garlic**.

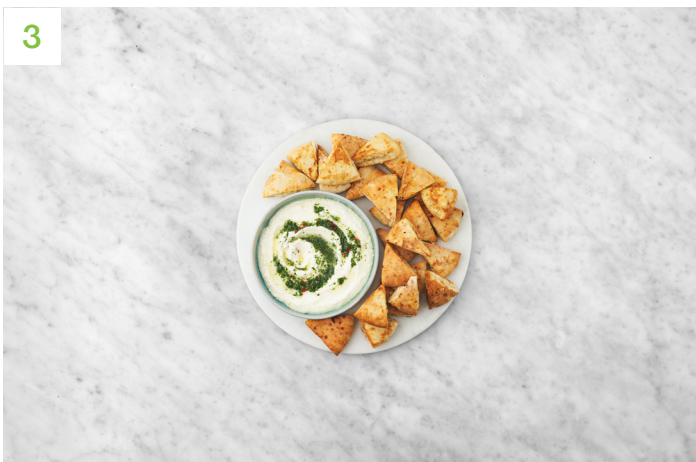
2



Cheese, Please!

- In a small bowl, combine the **chilli**, **parsley** and **1 tbsp** of **olive oil**. Season with **salt** and **pepper**, then set aside.
- If you have a blender, blend the **feta**, **garlic**, **lemon juice** (use less if you prefer it less citrusy) and **6 tbsp** of **olive oil** until smooth, 1-2 mins.
- If you don't have a blender, grate the **garlic** (or use a garlic press), then add the **same ingredients** to a large bowl and mash with a fork until combined. **TIP:** You may not need as much olive oil if you aren't using a blender, so add it to the bowl slowly.

3



Bake and Serve

- Place the **flatbreads** onto a baking tray and drizzle with **honey** (see pantry for amount), then bake on the top shelf of the oven until warm and starting to turn golden, 3-4 mins.
- Meanwhile, pop your **cheese dip** in a serving dish, then, using the back of a spoon, create a swirl on top. Drizzle the **chilli and parsley oil** into your swirl.
- Once warmed, serve your **flatbreads** alongside for dipping and scooping.

Enjoy!