

# Pide Inspired Aubergine Flatbreads

## with Roasted Potatoes, Mint Yoghurt and Pickled Shallot Salad

**Classic** 30-35 Minutes • 2 of your 5 a day • Veggie



Potatoes



Aubergine



Echalion Shallot



Red Wine Vinegar



Tomato Puree



Mint



Greek Style Flatbreads



Greek Style Natural Yoghurt



Wild Rocket



Greek Style Salad Cheese

Pronounced 'pee-deh' and often referred to as 'Turkish pizza', pide is a baked flatbread topped with tomato sauce and baked aubergine, originating in Turkey. Here, we're serving it with mint yoghurt, crumbly cheese and roast potatoes for a wholesome veggie dinner.

**Pantry Items**

Oil, Salt, Pepper, Sugar, 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.

## Cooking tools

Baking tray and bowl.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Aubergine**	1	1½	2
Echalion Shallot**	1	2	2
Red Wine Vinegar <b>14)</b>	12ml	18ml	24ml
Tomato Puree	60g	90g	120g
Mint**	1 bunch	1 bunch	2 bunches
Greek Style Flatbreads <b>13)</b>	2	3	4
Greek Style Natural Yoghurt** <b>7)</b>	75g	150g	150g
Wild Rocket**	20g	40g	40g
Greek Style Salad Cheese** <b>7)</b>	50g	100g	100g

Pantry	2P	3P	4P
Sugar for the Pickle*	1 tsp	1½ tsp	2 tsp
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	1½ tbsp	2½ tbsp	3 tbsp
Olive Oil for the Dressing*	½ tbsp	¾ tbsp	1 tbsp
Honey*	1 tbsp	1½ tbsp	2 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	<b>590g</b>	<b>100g</b>
Energy (kJ/kcal)	2640 /631	448 /107
Fat (g)	15.0	2.5
Sat. Fat (g)	7.2	1.2
Carbohydrate (g)	103.3	17.5
Sugars (g)	27.4	4.6
Protein (g)	22.6	3.8
Salt (g)	1.38	0.23

Nutrition for uncooked ingredients based on 2 person recipe.

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

## Allergens

**7)** Milk **13)** Cereals containing gluten **14)** Sulphites

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. SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

## Contact

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## Roast the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm chunks (no need to peel).

Pop the **chunks** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the middle shelf until golden, 30-40 mins. Turn halfway through.



## Bake your Flatbreads

Place the **flatbreads** (see ingredients for amount) on a baking tray and spread the **tomato sauce** across the top of each one.

When the **aubergine** has 5 mins remaining, warm the **flatbreads** through on the bottom shelf of your oven until warm and starting to turn golden, 3-4 mins.

Meanwhile, wipe out the (now empty) small bowl, then add the **Greek style yoghurt** and **half the mint**. Season with **salt** and **pepper**, then mix together.



## Aubergine Time

Trim the **aubergine**, then halve lengthways. Slice widthways into 1cm pieces.

Pop the **aubergine** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

When the oven is hot, roast the **aubergine** on the top shelf until soft and golden, 18-20 mins. Turn halfway through.



## Finishing Touches

When the **aubergine** has roasted, drizzle over the **honey** (see pantry for amount) and toss to coat.

Add the **rocket** to the **pickled shallot**. Drizzle with **olive oil for the dressing** (see pantry for amount) and toss to coat.



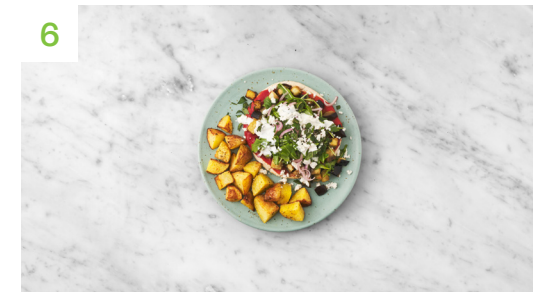
## Get in a Pickle

While the **aubergine** roasts, halve, peel and thinly slice the **shallot**.

In a medium bowl, mix together the **shallot**, **red wine vinegar**, **sugar for the pickle** (see pantry for amount) and a pinch of **salt**, then set aside to pickle.

In a small bowl, mix together the **tomato puree**, **sugar** and **water for the sauce** (see pantry for both amounts). Season with **salt** and **pepper**.

Pick the **mint leaves** from their stalks and roughly chop (discard the stalks).



## Serve Up

Share the **flatbreads** between your plates. Top with the **roasted aubergine**, some **pickled shallot** and **rocket salad**.

Drizzle over the **mint yoghurt dressing**, then crumble on the **Greek style salad cheese**.

Sprinkle over the remaining **mint**. Serve the **roasted potatoes** alongside.

## Enjoy!