












Baharat Butternut and Aubergine Flatbread

with Fig Jam, Rocket and Yoghurt Dressing

4

Classic 40-45 Minutes • Mild Spice • 5 of your 5 a day • Veggie



-  Butternut Squash
-  Aubergine
-  Baharat Spice Mix
-  Red Onion
-  Greek Style Salad Cheese
-  Greek Style Natural Yoghurt
-  Greek Style Flatbreads
-  Fig Jam
-  Rocket

Pantry Items
Oil, Salt, Pepper, Olive Oil

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
Butternut Squash**	1	1	1
Aubergine**	1	1	2
Baharat Spice Mix	1 sachet	1 sachet	2 sachets
Red Onion**	1	2	2
Greek Style Salad Cheese** 7)	50g	75g	100g
Greek Style Natural Yoghurt** 7)	75g	120g	150g
Greek Style Flatbreads 13)	4	6	8
Fig Jam	40g	80g	80g
Rocket**	20g	30g	40g

Pantry	2P	3P	4P
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	785g 3248 / 776	100g 414 / 99
Fat (g)	20.8	2.7
Sat. Fat (g)	8.3	1.1
Carbohydrate (g)	116.3	14.8
Sugars (g)	38.8	4.9
Protein (g)	29.9	3.8
Salt (g)	2.10	0.27

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, milk, egg, mustard, celery, soya, 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.

Contact

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Get Prepping

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

Trim the **butternut squash**, halve lengthways, then scoop out the seeds (peel first if you prefer). Cut into 2cm chunks.

Trim the **aubergine**, then cut into roughly 2cm pieces.



Finish the Prep

Meanwhile, crumble the **Greek style salad cheese** into small pieces.

In a small bowl, combine the **yoghurt** with the **olive oil for the dressing** (see pantry for amount). Season with **salt** and **pepper**, mix well, then set the **yoghurt dressing** aside.

Pop the **flatbreads** (2 per person) onto a baking tray.



Roast the Veg

Pop the **aubergine** and **butternut** onto a large baking tray.

Drizzle with **oil**, sprinkle with the **baharat**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast until the **veg** is golden and tender, 30-35 mins.



Bring on the Fig Jam

When the **veg** has 5 mins of roasting time left, add the **fig jam** to the tray and carefully mix well to coat.

Return to the oven and pop the **flatbreads** on the middle shelf at the same time to warm until starting to turn golden, 3-4 mins.



Add the Onion

Meanwhile, halve and peel the **red onion**, then cut each half into 2cm wide wedges.

Halfway through roasting, turn the **butternut** and **aubergine**, then add the **onion** to the tray.

Stir together, then roast for the remaining time.



Assemble and Serve

When everything's ready, pop the **flatbreads** onto your plates.

Top with the **roasted veg**, **rocket** and **Greek style salad cheese**, then drizzle over the **yoghurt dressing**.

Enjoy!