



# Cheesy Courgette Flatbread with rocket and crushed pepper topping

Quick Cook Veggie 15-20 mins

8



Flatbread



Passata



Grated Cheddar



Courgette



Mozzarella



Rocket

## Before you start

Our fruit, veg and herbs need a wash before you use them!

## Cooking tools you will need

Baking Sheet with Baking Paper

## Ingredients

	2P	4P
Flatbread	2 units	4 units
Passata	½ pack	1 pack
Grated Cheddar	50 g	100 g
Courgette	1 unit	2 units
Mozzarella	125 g	250 g
Rocket	40 g	80 g

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	353 g	100 g
Energy (kJ/kcal)	2270.4 kJ/ 542.6 kcal	643.2 kJ/ 153.7 kcal
Fat (g)	23.7 g	6.7 g
Sat. Fat (g)	14.3 g	4.1 g
Carbohydrate (g)	50.6 g	14.3 g
Sugars (g)	8.9 g	2.5 g
Protein (g)	30.9 g	8.7 g
Salt (g)	1.5 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

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### Prep the Veg

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Trim the **courgette** and slice into 1cm rounds.
- Place a large pan over high heat (no oil).
- When hot, add the **courgette** and cook until charred, 3-4 mins. Turn only every couple of mins.
- Once cooked, season with **salt** and **pepper**, then transfer to a bowl.



### Finish and Serve

- Meanwhile, tear the **mozzarella** into small pieces.
- Remove the **flatbread** from the oven and scatter over the torn **mozzarella**.
- Garnish with the dressed leaves, **pepper**, a drizzle of **oil** and **salt**.
- Cut into slices and serve any remaining salad alongside.

### Enjoy!



### Make the Sauce

- Mix together half the **passata** and ½ tbsp **sugar** (double both for 4p).
- Season with **salt** and **pepper**. You've made your base sauce!
- Just before serving toss the **salad leaves** with a drizzle of **oil**, **salt** and **pepper**.



### Bake the Flatbread

- Divide the sauce between the **flatbreads**. Use a spoon to spread the sauce over the base, leaving a 1cm border around the edge (as the crust).
- Scatter the **grated cheddar** over the **flatbreads**.
- Top with the charred **courgette** rounds.
- Carefully pop your **flatbreads** onto a lined baking tray and bake in your oven until the **cheese** has melted and is bubbling, 8-10 mins.