



Roasted Red Pepper Flatbread

with homemade rocket pesto

Veggie 15-20 mins

7



Flatbread



Mozzarella



Bell Pepper



Pine Nuts



Passata



Grated Italian
Style Hard Cheese



Rocket



Pantry Items: Salt, Pepper, Sugar, Water, Oil

Before you start

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

Cooking tools you will need

Food Processor

Ingredients

	2P	4P
Flatbread	2 units	4 units
Mozzarella	125 g	250 g
Bell Pepper	1 unit	2 units
Pine Nuts	10 g	20 g
Passata	½ pack	1 pack
Grated Italian Style Hard Cheese	25 g	50 g
Rocket	80 g	160 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	342.5 g	100 g
Energy (kJ/kcal)	2135.1 kJ/ 510.3 kcal	623.4 kJ/ 149 kcal
Fat (g)	20.3 g	5.9 g
Sat. Fat (g)	11.1 g	3.2 g
Carbohydrate (g)	52.8 g	15.4 g
Sugars (g)	11.1 g	3.2 g
Protein (g)	27.9 g	8.2 g
Salt (g)	1.2 g	0.3 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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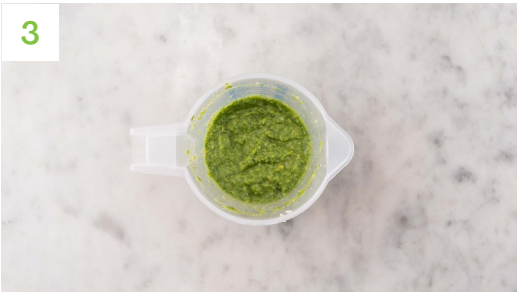
Prep the Veg

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Drain and pat the **mozzarella** dry. Tear into small pieces.



Assemble the Flatbreads

- Mix together half the **passata** and ½ tbsp **sugar** (double both for 4p).
- Season with **salt** and **pepper**. You've made your base sauce!
- Use a knife or scissors to cut a small triangle out of the top of each **flatbread**, so they resemble love hearts.
- Divide the sauce between the **flatbreads**. Use a spoon to spread the sauce over the base, leaving 1cm on the side as the crust.



Make the Pesto

- Spread the **pepper** slices evenly on the **flatbreads**.
- Bake in the oven for 7-8 mins.
- Meanwhile, add 2 tbsp **oil** (double for 4p), grated **Italian cheese**, **pine nuts** and half the **rocket** to a food processor and grind to a paste.
- Add **water** or **oil** if a looser consistency is desired. You've made your own **pesto**!



Serve Hot

- Just before serving, toss the remaining **salad leaves** with a drizzle of **oil**, **salt** and **pepper**.
- Remove the **flatbreads** from the oven and cut into even slices.
- Scatter torn **mozzarella** over the top.
- Dollop small drops of **pesto** all over the **flatbreads** and arrange the dressed leaves on top.

TIP: This dish will pair beautifully with a pinot noir!

Enjoy!