



Flat Bread it

makes 8 x 35g

Ingredients:

175 g	Plain flour
3 g	Salt
3 g	Baking powder
15 g	Olive oil
95 g	Water

Method:

1. Sieve flour, salt and baking powder into bowl
2. Stir in water and oil, make into smooth dough and rest for ten minutes
3. Divide into 8 x 35g balls and rest again
4. Press out between polythene freezer bag or cling film and finish with rolling pin if necessary
5. Cook in a dry thick bottomed frying pan 30-40 seconds each side

Spiced Pumpkin Flat bread, Sweet Pea Hummus and oakleaf salad

Serves 4



Spiced Pumpkin

Ingredients:

350 g	Pumpkin or squash
1/2	Red onion
1	Garlic clove
1 tsp	Dukkha spice
2 tsp	Blush tomato paste
20 g	Chickpeas
	Virgin olive oil

Garnish

50 g	Pumpkin seeds/sesame
1	Oak leaf lettuce
2	Spring onions
	Mint leaves
4 tbsp	Pomegranate seeds
1	Lime
100 g	Thick natural yoghurt

Method:

1. Peel and cut pumpkin into 4cm pieces
2. Finely slice red onion and garlic
3. Roast seasoned pumpkin pieces in olive oil giving colour.
4. $\frac{3}{4}$ through cooking add the spice, onions, garlic and blush tomato paste and chickpeas. Finish cooking, remove and set aside
5. For the garnish, pick some coriander and mint leaves and place in iced water
6. Finely shred the spring onions into strips and place in the iced water
7. Wash and prepare Oakleaf lettuce
8. Squeeze some lime juice over the pomegranate seeds
9. Toast pumpkin and sesame seeds

Plating:

1. On warm flatbreads spoon hummous, roasted pumpkin and chickpeas
2. Dress with yoghurt, spring onion, mint, coriander, seeds, and a squeeze of lime

Sweet Pea Hummus

Ingredients:

140 g	Frozen peas
140 g	Chickpeas cooked
1	Clove Garlic
10 g	Mint leaves
30 g	Coriander
50 g	Baby spinach
	Sea salt/pepper
	Olive oil
1	Lime

Method

1. Sweat garlic with chickpeas and frozen peas for two minutes and place in a blender
2. Add the zest of the lime, the spinach, some mint leaves and coriander
3. Salt, pepper and a generous glug of olive oil. If needed, add a splash of water to get things moving
4. Keep tasting adding mint and coriander as needed
5. Finish with lime juice and set aside