



**GET TOGETHERS**  
Bringing people together through food

# Roast veg, feta & pea flatbread

This recipe combines a range of ingredients to pick 'n' mix for a flatbread or pitta filling.

Skill: ★★★ Cost: £££ Equipment: ★★★

## Store-wise:

The roasted vegetables and the pea dip can be covered and stored in the fridge for 24 hours.

## Portion-wise

Makes 6 filled flatbreads.

## Equipment

- Chopping board
- Sharp knife
- Roasting tin
- Small mixing bowl
- Hand blender, food processor or potato masher

## Ingredients

### For the roasted vegetables

- Selection of seasonal vegetables suitable for roasting or griddling, e.g. butternut squash, aubergines, peppers, red onions, courgettes, asparagus – enough to fill 6 flatbreads
- 2 tablespoons olive oil or rapeseed oil
- Ground black pepper
- Pinch of smoked paprika or a few chilli flakes (optional)

### For the Pea and Mint Dip

- 1/2 small red onion – peeled and finely chopped
- 1 garlic clove – peeled and crushed
- 1/2 fresh red chilli – de-seeded and finely chopped
- 1/2 teaspoon ground cumin
- 10 mint leaves – finely chopped
- 3 tablespoons reduced fat Greek yoghurt or vegan alternative
- 1 tablespoon olive oil
- juice of half a lemon or lime
- freshly ground black pepper

### To serve

- 200g pack reduced fat feta cheese or vegan alternative
- 6 flatbreads or pitta breads

**Allergy-aware**  
Gluten (flour)  
Milk (yoghurt and  
cheese)

## How to make it

1. Cut the vegetables into chunks, large strips or flat pieces – a suitable size for fitting into a wrap or pitta bread. Cut the hardest veg, like butternut squash, into 5mm thick slices so that it cooks quickly. Place the vegetables in a roasting tin, drizzle with oil and season with pepper.
2. Heat the oven to 220 C / Gas 7. Roast the vegetables for 30-40 minutes until turning

- brown at the edges and softened. Hard veg like butternut squash will take the longest.
3. To make the pea dip, place all the ingredients in a small mixing bowl and blend with a hand blender or squash together with a potato masher for a chunkier texture, or process in a food processor. Taste and season with more lemon juice, mint and pepper as required.
  4. To serve, spread a spoonful of pea dip onto a flatbread, crumble on some feta cheese, add a selection of roasted vegetables and fold over for a hand-held feast.

## Serving ideas

- For 1 to 4 year olds: Cheese is high in salt so use in small amounts. Allow about 15g of feta cheese per portion. If using a cottage cheese about 30g or plain cream cheese about 20g. Serve with 40-50g roasted vegetables and 30g flatbread.
- Older people with small appetites: the meal can be adapted to be higher in energy and protein by increasing the portion size of cheese and by drizzling extra oil on the roasted vegetables.

## Eat well

- This makes a nutritionally balanced vegetarian meal as it contains foods from the 4 main food groups.
- The flatbreads are a carbohydrate that gives us slow release energy and helps us feel satisfied for longer.
- When served with additional salad or vegetable sticks (80g for adults and 40g for under 5 year olds) the meal will contribute to our 5-a-day and will provide an important contribution to vitamins, minerals and fibre.

## Shopping

- Supermarkets sell own-brand feta cheese that is cheaper than well-known brands.
- Use supermarket basic or 'wonky' veg in this recipe – they taste the same as the 'perfect' shapes but are much cheaper.

## Cooking Together

- Children and older people can get involved in making all elements of this recipe – breaking vegetables like peppers into pieces, crumbling feta, sprinkling seasoning etc.
- A responsible adult should operate or oversee the use of a blender.

## Sustainability – good for you, good for the planet

- Bake your own flatbreads while the veg are roasting to make best use of fuel.
- Mint is very easy to grow for use in a recipe like this
- Prepare a large batch of roasted vegetables and use some in this recipe and the rest in dishes like vegetable lasagne, pasta salad or frittata.
- This recipe is best made in the summer or early autumn when vegetables are at their cheapest and best. Use asparagus when it's in season in the UK (April-May).
- Veg box schemes are a great way to get seasonal and local vegetables.