



# SHREDDED CHICKEN & GREEN VEG FLATBREADS

**SERVINGS: 4**

**PREP TIME: 15 MINUTES**

**TOTAL TIME: 30 MINUTES**

## NOTES:

 **MADE IN UNDER 30 MINUTES**

 **LESS THAN £2 PER SERVING**

 **CONTRIBUTES TO 5 A DAY**

 **LOW DIFFICULTY**



## INGREDIENTS

**2 GARLIC FLATBREADS**  
**200G PEAS (THAWED IF FROZEN)**  
**200G TENDERSTEM BROCCOLI**  
**JUICE ½ LEMON**  
**4 FRESH MINT SPRIGS**  
**BUNCH SPRING ONIONS, TRIMMED**  
**100G COOKED CHICKEN BREAST**  
**100G RICOTTA**  
**EXTRA-VIRGIN OLIVE OIL TO DRIZZLE**

**OPTIONAL EXTRAS:**  
**BACON COOKED AND CHOPPED**  
**CRUMBLLED FETA CHEESE**  
**OLIVES**  
**COOKED BEETROOT CUT INTO WEDGES**  
**CARROTS - PEELED TO CREATE RIBBONS**

**RECIPE ON REVERSE SIDE.**

**CHECK OUT THE AROMA INSTAGRAM  
AND FACEBOOK PAGE FOR  
TUTORIALS AND COOK-ALONG  
SESSIONS.**



## METHOD

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**HEAT THE GRILL TO MEDIUM. PUT THE FLATBREADS ON A BAKING TRAY AND GRILL FOR 3-4 MINUTES. SET ASIDE, LEAVING THE GRILL ON.**

**PUT THE THAWED PEAS IN A FOOD PROCESSOR WITH THE LEMON JUICE, MINT LEAVES AND SALT AND PEPPER. WHIZZ TO FORM A CHUNKY PASTE – ADD A SPLASH OF COLD WATER IF NEEDED. IF YOU DON'T HAVE A FOOD PROCESSOR YOU CAN USE A POTATO MASHER OR FORK.**

**BLANCH THE TENDERSTEM IN BOILING, SALTED WATER FOR 3-5 MINUTES UNTIL JUST SOFT. COOL QUICKLY IN ICE WATER OR UNDER A COLD TAP, THIS WILL HELP IT KEEP IT'S COLOUR, AND STOP THE COOKING PROCESS BEFORE IT IS CHARED UNDER THE GRILL.**

**SPREAD THE BROAD BEAN PURÉE OVER THE FLATBREADS, THEN ARRANGE THE SPRING ONIONS ON TOP, FOLLOWED BY THE COOLED BROCCOLI. SCATTER OVER THE SHREDDED CHICKEN AND DOT OVER THE RICOTTA. DRIZZLE WITH OIL AND GRILL FOR 8-10 MINUTES UNTIL THE SPRING ONIONS AND BROCCOLI ARE STARTING TO CHAR.**

**TRANSFER TO A BOARD, SCATTER WITH A FEW MINT LEAVES TO GARNISH AND EAT STRAIGHTAWAY.**