



# Green Pesto & Zucchini Flatbread

with Mushrooms & Fetta



Use pesto as a creamy base for flatbread



Red Onion



Zucchini



Flatbread



Traditional Pesto



Mushrooms



Fetta

Pantry Staples



Olive Oil

Hands-on: 15 mins  
Ready in: 30 mins

We've gone a little cheffy here with the ribboned zucchini, but forgive us! It may sound super fancy, but in practice it's really just a light and quickly cooked veg that's perfectly at home on squared flatbread. In this case, we're adding sharp sweet onion, rich mushrooms, green pesto and fetta for the win.

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife**, **chopping board**, **vegetable peeler** and a **spoon**.



### 1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Peel and thinly slice the **red onion**. Thinly slice the **mushrooms**.



### 2 PEEL THE ZUCCHINI RIBBONS

Using a vegetable peeler, peel the **zucchini** lengthways into long ribbons. When the zucchini can no longer be peeled, finely dice the core. **TIP:** Peeling zucchini into ribbons helps to cook them quickly in the oven. This is also a great technique if you want to use raw zucchini in a salad!



### 3 SPREAD THE PESTO

Place the **flatbread** rough side down on a flat surface. Spread the **pesto** across the top of each flatbread using the back of a spoon.



### 4 TOP WITH VEGETABLES

Top each flatbread with the **mushrooms**, the **red onion** and the **zucchini** ribbons. Crumble over the **fetta** and **drizzle** lightly with **olive oil**. **TIP:** Drizzling olive oil over the flatbread before baking will allow the vegetables to nicely brown. Don't add too much or the flatbread will go soggy!



### 5 BAKE THE FLATBREAD

Place the **flatbread** into the oven directly onto the wire oven racks. Cook for **10-15 minutes**, or until the **fetta** is lightly golden and the flatbread is brown on the bottom.



### 6 SERVE UP

Season each flatbread with a **pinch** of **salt** and **pepper**. Slice them in half and divide between plates.

*Enjoy!*

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red onion	1	2
zucchini	1	2
mushrooms	1 packet	2 packets
flatbread	1 packet (6)	2 packets (12)
traditional pesto	1 tub (75 g)	2 tubs (150 g)
fetta	1 block (50 g)	2 blocks (100 g)

\*Pantry Items | This ingredient can be found in your herb bag

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3200kJ (765Cal)	604kJ (144Cal)
Protein (g)	27.5g	5.2g
Fat, total (g)	34.2g	6.5g
- saturated (g)	6.8g	1.3g
Carbohydrate (g)	79.9g	15.1g
- sugars (g)	10.3g	2.0g
Sodium (g)	1050mg	198mg

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