



## DropChef Fig and Hazelnut Flatbreads with Blue Cheese & Rocket

A nice and light meal for those days where you feel more peckish than hungry! This fresh and summery meal is bursting with flavour - save this flatbread recipe for another time and try different toppings!

### Nutritional Info

Calories: 518kcal  
Carbohydrates: 72g  
Protein: 15.4g  
Fat: 20.7g

### Ingredients

- Figs
  - Blue Cheese
  - Rocket
  - Red Onion
  - Roasted Hazelnuts
  - Balsamic Vinegar
  - Self raising flour
- Your Pantry**
- Olive Oil
  - Salt
  - Pepper
  - Sugar

### Allergens

[Wheat \(Flour\)](#)  
[Milk \(Blue Cheese\)](#)  
[Sulphur Dioxide \(Balsamic Vinegar\)](#)  
[Nuts \(Hazelnuts\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



## METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*

### 1) Prepare the ingredients

Peel and thinly slice the onion. Slice the figs thinly. Crumble the blue cheese. Crush the hazelnuts with the flat side of your knife or roughly chop.

### 2) Make the flat bread dough

Combine the flour with  $\frac{1}{3}$  teaspoon of salt per person, 40 mls of cold water per person, and  $\frac{1}{2}$  tablespoon of oil per person.

Mix with your hands until just combined. Knead the dough on a floured board/worktop for 1-2 minutes or until soft and smooth (If the dough seems too sticky, add some flour). Divide the dough into roughly six pieces. Take each ball and roll out into flat disks to about the thickness of a biscuit.

### 3) Cook The flat breads

Heat a large, flat-bottomed frying pan without oil on high heat until *very hot*. Place three disks of dough onto the pan. Cook for approx 1-2 mins (or until brown spots form on the bottom) and then flip and cook for another 1 minute. Repeat until the dough is finished.

### 4) Caramelize the onions

Heat a frying pan with a good drizzle of oil on medium-high heat. Once hot, add the onions and cook for 5-6 minutes or until soft and browning. Turn the heat down and add the balsamic vinegar and a pinch of sugar, salt, and pepper. Continue to cook for 2-3 more minutes.

### 5) Assemble the flatbreads and grill them

Switch on the grill to high. Spread the onions over the flatbreads then lay on the slices of fig and scatter over the blue cheese. Slide the flatbreads under the grill and grill for 3-4 minutes or until the figs are beginning to caramelize and the blue cheese is melting.

### 6) Plate the dish

Plate the flatbreads and scatter the rocket and hazelnuts over the top.



Fancy winning free DropChef in our weekly competition?!

To enter just share your delicious dinner on Instagram | [#DropChef](#)