



Build Your Own: Cheesy Chicken Loaded Flatbreads

Put together individually and enjoy together!

High Protein

Preparation time : 35 min.



What did you think of this recipe?
Scan the QR code to share your feedback.

Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/build-your-own-cheesy-chicken-loaded-flatbreads-181>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Baking Tray, Bowl, Pan, Sieve

Ingredients for 1-6 people

Ingredient	2p	3p	4p
British Smoked Bacon Lardons (grams)	90	150	180
Bell Pepper (unit(s))	1	1½	2
Black Olives (grams)	30	45	60
Sweetcorn (grams)	160	255	340
Mozzarella (ball(s))	1	1½	2
Greek Style Flatbreads (unit(s))	4	6	8
Tomato Passata (carton(s))	½	¾	1
Wild Rocket (grams)	40	60	80
BBQ Sauce (grams)	48	72	96
Chilli Flakes (sachet(s))	1	1	2
Diced British Chicken Breast (grams)	240	390	480

Add yourself

Salt, pepper, oil and water according to taste.

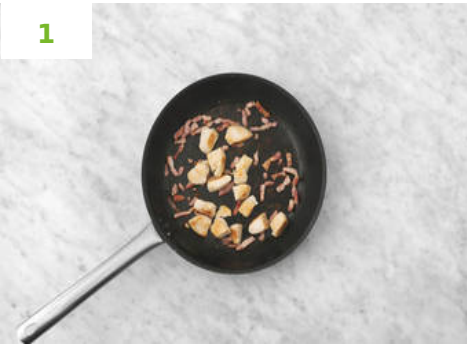
Nutritional values

Per serving	Amount
Energy (kJ)	4025 kJ
Energy (kcal)	962 kcal
Fat	33.6 g
of which saturates	12.5 g
Carbohydrate	91.7 g
of which sugars	22.6 g
Dietary Fibre	17.3 g
Protein	68 g
Salt	4.57 g

Allergens

Milk, Wheat, Cereals containing gluten

Always check the product labels for allergen information.



Fry the Meat

Preheat your oven to 240°C/220°C fan/gas mark 9.
Heat a drizzle of **oil** in a frying pan on medium-high heat.
Once hot, add the **diced chicken** and **bacon lardons**. **TIP:** Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh.
Fry until golden brown on the outside and cooked through, 8-10 mins.
IMPORTANT: Wash your hands and equipment after handling raw meat and its packaging. The chicken is cooked when no longer pink in the middle. Cook bacon thoroughly.
Once crispy, transfer to a plate covered in kitchen paper. Set aside.



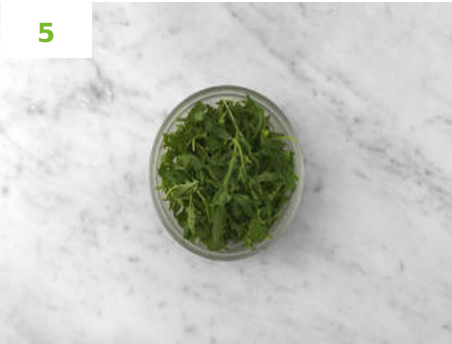
Pick and Mix!

Top the **flatbreads** with the **pepper slices, olives, sweetcorn, chicken** and **bacon lardons**.
Build your own: Leave off any toppings which kids may not like and build your flatbreads as you'd like to. Save any extra ingredients on the side for snacking on.
When the oven is hot, bake the **flatbreads** on the top shelf until the **cheese** is golden and bubbling, 6-7 mins.



Prep the Toppings

Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
Roughly slice the **olives** into small pieces. Drain the **sweetcorn** in a sieve.
Drain the **mozzarella** and squeeze out as much liquid as you can. Pat dry with kitchen paper, then tear into small pieces.



Finishing Touches

When everything's nearly ready, pop the **rocket leaves** into a large salad bowl.
Drizzle with a little **olive oil**, and toss together to coat the **leaves**.
TIP: Don't add the leaves too early or they'll go soggy.



Top the Flatbreads

Pop the **flatbreads** onto a large baking tray.
Divide the **passata** (see ingredients for amount) between them and spread with the back of a spoon, leaving a 1cm border. Sprinkle over the **mozzarella**.



Build Your Own!

Build your own: Bring everything to the table so everyone can add the toppings they like best to the flatbreads - BBQ sauce, chilli flakes and rocket leaves.

Enjoy your meal!