

Rustic Flatbread with Roasted Poblano



Vegetarian flatbread pizza with assorted vegetables and Fire Roasted Poblano Flavor Concentrate. Serve as a shareable for the table.

Yield	16 oz (4/4oz servings)
Serves	4
Preparation time	10 minutes
Cooking time	10 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
4.5	oz	1 each		Flatbread	or Naan
1	oz	2 tbsp		<u>Minor's® Fire Roasted Poblano Flavor Concentrate Gluten Free (6x13.6oz)US</u>	
2.5	oz	1/2 cup		Artichoke hearts	cut in half
3/4	oz	1/4 cup		Shallot	thinly sliced
1.5	oz	1/4 cup		Red bell peppers	roasted, thinly sliced
1/4	oz	1 tbsp		Black olives, pitted, canned, drained	Greek, roughly chopped
2.5	oz	3/4 cup		Goats cheese, hard	
1	oz	1 cup		Arugula	Baby
1	oz	2 tbsp		Olive oil	
1	tbsp	3 tsp		Parmesan cheese	

Preparation Steps

1. Use a spatula to spread a thin layer of Fire Roasted Poblano Flavor Concentrate onto the flatbread.
2. Arrange the artichoke, shallots, bell peppers, olives, and goat cheese on the flatbread. Do not overcrowd the flatbread. All the ingredients should form one layer on the crust.
3. Bake in 400°F convection oven for 10-12 minutes or until flatbread is crisp and golden.
4. Tear baby arugula by hand and sprinkle over top of flatbreads. Drizzle with olive oil and Parmesan cheese to finish.

Chef's tip

Serve warm with a garden salad.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	256.5
Energy (KJ)	1096.8
Protein (g)	9.8
Carbohydrate, total (g)	15.9
Fats, total (g)	17.3
Sugars, total (g)	2
Fats, saturated (g)	6
Fiber, total dietary (g)	1.2
Sodium (mg)	442.5
Calcium (mg)	205.2
Cholesterol (mg)	19.6
Iron (mg)	2
Vitamin A (µg_RAE)	268.5

Vitamin C (mg)	32.4
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The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.