

Roasted Vegetable and Hummus Flatbreads

6 portions

- 3 Mixed Peppers
- 3 Courgettes
- 2 Red Onion
- 3 Tomatoes
- 1 Small Tub of Hummus
- 6 Flat Bread or Pitta breads
- 50 ml Olive oil
- Salt
- Pepper



Method

1. Pre heat oven to 180C
2. Wash the peppers, courgettes and tomatoes
3. Chop all the vegetables in even small sized chunks.
4. Toss the vegetables in a little olive oil, salt and pepper
5. Line a roasting tray with parchment paper
6. Add the vegetables and roast for 30 minutes, ensuring you are checking regularly and moving the vegetables around on the tray prevent them catching
7. Remove from oven once cooked
8. Whilst your vegetables spread generous amounts of hummus onto the flatbreads
9. When ready spoon the vegetables onto the Hummus
10. Place the filled flat bread on a serving tray
11. Garnish and serve

