



PITA WITH COOKED VEGETABLES

Prep. time 5 minutes | Cooking time 10 minutes | Preheat 150°C or use toaster | Serves 2
A snack with a western Asian slant, these cooked vegetable pitas use our Gouda style vegan cheese and are a deliciously healthy addition to your arsenal of vegan goodness.

Ingredients

200g block of Gouda Style Sheese
2 pita breads
1 courgette
1 red onion
1 white onion
1 celery stalk
1 carrot
Handful of black olives
Salt, Pepper and Herbs to taste
Olive oil for cooking

Cooking Method

Preparation

Dice all the vegetables into the approximate same size
Grate Sheese

Method

In an oiled pan, over a medium heat, sweat the onions, with the carrot and celery. Once the onions are soft, add half of the grated Sheese and the courgette, and stir over the heat until the water has evaporated.

Take off heat, add the other half of the grated Sheese, olives, salt, pepper and herbs to taste. Mix thoroughly.

Warm the pita breads in an oven or a toaster. Cut them in half, open them, and add the cooked vegetables and Sheese filling.

Serve with a spring mix salad.

