



GLUTEN
FREE

Pumpkin & Sausage Breakfast Flatbreads

COOK 30 MINS | SERVES 2

INGREDIENTS

- 400g butternut pumpkin, unpeeled, roughly diced into small chunks
- 450g Peppercorn Extra Lean Sausages, sliced into thirds
- 2 tbsp olive oil
- ½ tsp pink rock salt
- 2 tbsp sesame seeds, lightly toasted
- Lemon wedges, to serve

Flatbreads:

- 100 g (1 cup) almond flour
- 125 g (1 cup) arrowroot or tapioca flour
- 125 ml (½ cup) coconut milk
- 125 ml (½ cup) filtered water, plus extra if needed
- ½ tsp pink rock salt
- 3-4 tbsp coconut oil

Herby Avocado Dressing:

- 1 avocado, smashed
- 1 large handful of flat-leaf parsley leaves, roughly chopped
- 125 ml (½ cup) extra virgin olive, avocado, macadamia or hemp oil
- 1 tsp apple cider vinegar
- Juice of 1 lemon
- ½ tsp pink rock salt

PREPARATION

1. Preheat the oven to 200°C and line a baking tray with baking paper. Coat your pumpkin and sausages well with the olive oil, season with the salt and spread evenly over your prepared baking tray, giving each chunk space to get crispy without too much overlapping.
2. Bake for about 25-30 minutes, or until golden brown around the edges and soft in the middle. The sausages will make the pumpkin extra flavoursome.
3. While your pumpkin is cooking, get on with the flatbreads. Combine the almond flour, arrowroot or tapioca flour, coconut milk, water and salt in a bowl and mix well to form a smooth thin batter. (The more watery the batter, the thinner and crispier your flatbreads will be, so add a splash or two more if you like.)
4. Melt 1 tablespoon of the coconut oil in a small non-stick frying pan over medium heat. Ladle a quarter of the batter into the pan, tilting and swirling it to coat the base in an even layer, and cook for 2-3 minutes, then carefully turn the flatbreads over with a spatula and cook for a further 2 minutes, or until golden and cooked through.
5. Lift the flatbreads from the pan and set aside, wrapped in a clean tea towel to keep warm. Repeat with the remaining mixture, greasing the pan with a little more coconut oil in between flatbreads to make sure they don't stick to the pan. For the herby avocado dressing, put all the ingredients in a food processor and pulse until smooth and creamy. Divide the flatbreads among plates, spoon over the roasted pumpkin, drizzle with the dressing and sprinkle over the toasted sesame seeds. Serve with the lemon wedges and tuck in.

This recipe was created by Cook with Luke.

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