Beetroot and Cottage Cheese Flatbread Plates

2 substantial cold lunch plates · Active 20 min · Total 20 min

Skills: Confident beginner

Ingredients

- 9 oz plain ready-cooked beetroot, drained, blotted and diced (250 g)
- 1/2 cucumber, diced (150 g)
- 1 tablespoon cider vinegar (15 ml)
- 2 teaspoons olive oil (10 ml)
- 1 tablespoon chopped dill (4 g)
- 1/4 teaspoon black pepper (0.5 g)
- 1 1/4 cups cottage cheese (300 g)
- 2 tablespoons pumpkin seeds (20 g)
- 2 plain flatbreads explicitly labeled ready to eat (140 g total)

Set out

Knife and board, Small mixing bowl, Two plates, Separate tubs if packing

Allergens

Milk, Wheat; check bread and seeds for other allergens. Check labels and substitutions.

Make it

1. Drain and blot the plain cooked beetroot, then dice. Mix vinegar, oil, dill and pepper in the bowl. Fold in beetroot and cucumber gently.

2. Divide cottage cheese between two plates, leaving space for the vegetables. Spoon half the beetroot mixture onto each plate, keeping it mostly beside the curds if desired.

3. Scatter each with half the pumpkin seeds. Serve one ready-to-eat flatbread alongside each plate and tear it for scooping at the meal.

4. For packing, keep cottage cheese and dressed vegetables in separate covered tubs, seeds in a dry small pot and bread in a separate wrapper. Refrigerate the perishable parts promptly.

Use two small containers rather than one tall jar

Separate shallow tubs fit many compact refrigerators better and keep the curds from turning entirely red before the meal.

A useful detail

No extra salt is specified because cottage cheese varies considerably. Taste your portion before adding any seasoning.

Keep it well

Keep the perishable components at 40°F/4°C or below and use within 2 days or either opened package’s shorter limit. Keep flatbread and seeds dry according to their labels. Carry cottage cheese and vegetables with two cold sources in an insulated bag. Discard perishables left beyond 2 hours at room temperature, or 1 hour above 90°F/32°C.