

# Savoury Flapjack

Flapjack must surely rank as one of our favourite snacks, but it can be full of fat and sugar. This healthy, savoury version makes an ideal addition to a picnic or meal on the go.



Egg, milk and oats (gluten)\*

Nutritional information per portion (58g):

Energy	Fat	Saturates	Sugars	Salt
504kJ 120kcal 6%	4.7g 7%	2.1g 10%	1.1g 1%	0.32g 5%

of an adult's reference intake.  
Typical values per 100g: energy 1462kJ/207kcal.

## Equipment

Weighing scales  
Square baking tin  
(approx. 20 x 20cm)  
Baking parchment OR  
greaseproof paper  
Peeler  
Grater  
Chopping board  
Sharp knife  
Mixing spoon  
Large mixing bowl  
Small bowl  
Fork  
Oven gloves  
Large sharp knife

## Ingredients

**Serves 9**  
3 medium carrots  
(approx. 175g grated)  
150g reduced-fat mature  
Cheddar cheese  
150g porridge oats  
1 medium egg  
Pinch dried herbs  
Black pepper (optional)

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



## Top Tip

- Crumble up any leftover flapjack for a tasty crumble topping to press on the top of filets of white fish. Bake until the top is crispy and the fish flaky and cooked.

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## Method

1. Preheat the oven to 180°C/160°C fan or gas mark 4.
2. Line the baking tin with the baking parchment or greaseproof paper.
3. Peel and grate the carrots and weigh out 175g.
4. Grate the cheese.
5. Weigh the oats into a large mixing bowl and add the carrots and cheese.
6. Break the egg into a small bowl and add the herbs and black pepper (if using). Beat with a fork to break up the egg and add to the large bowl.
7. Mix everything together then spoon into the prepared tin, pushing the mixture well into the corners and levelling the top.
8. Bake in the oven for 25 minutes until turning golden.
9. Leave to cool in the tin for 30 minutes before removing and cutting into 9 squares with a sharp knife.

## Something to try next time

- Grate a mixture of parsnips and carrots at step 3.
- Add 30g of raisins or sultanas at step 7.
- Add a couple of finely chopped spring onions or a small bunch of chopped fresh chives at step 7.

## Prepare now, eat later

- Store in an airtight container for 48 hours in the fridge, or freeze for up to 1 month. Defrost completely before eating.

### Skills used include:

Weighing, measuring, peeling, chopping, grating, mixing/combining, spreading and baking.

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