

# •Virtual Cooking Class Materials•

## Easy Weeknight Mediterranean Meal

Thanks so much for signing up for my cooking class with your library! This PDF contains everything you need to get prepared for us to cook together!

•**PRO TIP: print out the recipe cards to keep them handy during class!**•

Please read through the **recipe cards** (pages 2-3 of this PDF) in advance and **have all of your cookware/tools and ingredients out and ready to go** when class starts if you're cooking along with me.

The flatbread recipe is easily doubled if you're cooking for a larger group.

**In addition to the ingredients, here's a list of the cookware/tools you'll need:**

- Measuring cups and spoons
- Large bowl
- Cutting board
- Chef's knife
- Vegetable peeler
- Spoon
- Oven and stovetop
- Large, non-stick skillet
- Spoon or flexible spatula
- Can opener (if needed)
- Colander or strainer (optional)
- Baking sheet
- Pizza cutter (optional)



If you have any questions, comments, or concerns, feel free to email me at [bigflavorstinykitchen@gmail.com](mailto:bigflavorstinykitchen@gmail.com).

**See you in the kitchen!**

*-Ashley Covelli*

P.S. If you're still craving more, you can [click here to sign up for Extra Helping](#), my **free newsletter**. You'll get delicious recipes, cooking tips, and exclusive content delivered **straight to your inbox** once a week!

[bigflavorstinykitchen.com](http://bigflavorstinykitchen.com)



# Falafel-Spiced Chickpea Flatbreads



Recipe from [Big Flavors from a Tiny Kitchen](#)

**Category:** Main Dish

**Makes:** 4 Servings (see notes)

**Prep Time:** 10 Minutes

**Cook Time:** 10 Minutes

**Total Time:** 20 Minutes

Shopping online? Visit [the Big Flavors Amazon shop page](#) to stock up on ingredients and kitchen tools!

## Ingredients

2 tablespoons olive oil  
4 cloves garlic, minced  
2 (15.5-ounce) cans chickpeas, rinsed and drained  
1 teaspoon ground cumin  
1 teaspoon ground coriander  
1 teaspoon ground paprika  
1/2 teaspoon kosher salt  
1/4 teaspoon freshly cracked black pepper  
4 pieces store-bought naan (or a pre-cooked flatbread or pizza crust)  
1 cup tzatziki (recipe on next page)

## For garnish:

Sliced tomato (I like using grape or cherry)  
Thinly sliced red onion  
Tahini sauce  
Sriracha sauce  
Chopped cilantro  
Chopped parsley  
Lemon wedges

## Instructions

1. Preheat oven to 400°F (or temperature indicated on naan package).
2. While oven preheats, heat oil in a large, non-stick skillet over moderate heat. Add garlic and sauté until fragrant, about 30 seconds. Add drained chickpeas, cumin, coriander, paprika, salt and pepper and cook, stirring occasionally, until heated through.
3. Heat naan according to package directions (for me, this was 2-3 minutes at 400°F). Remove from oven and top with a layer of tzatziki, making sure to leave a border around 1/2 to 1 inches around the edge of the naan. Top with spiced chickpeas, sliced tomato, red onion, a healthy drizzle of tahini, Sriracha, and chopped herbs.
4. Use a pizza cutter to cut into wedges. Serve with lemon wedges alongside.

## Notes:

- One full can of chickpeas will make 2 generous servings worth, and you can even stretch it to 3 or 4 pieces of naan if you'd like.
- You could also arrange this on a larger pizza crust or piece of flatbread to serve more people. Or get itty bitty mini naan or naan chips and serve this up on an appetizer platter.

Recipe from Ashley Covelli at  
**Big Flavors from a Tiny Kitchen**



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[bigflavorstinykitchen.com](http://bigflavorstinykitchen.com)

# Easy Homemade Tzatziki



Recipe from [Big Flavors from a Tiny Kitchen](#)

**Category:** Condiment

**Makes:** 8 Servings (Serving size: 1/4 cup)

**Prep Time:** 5 Minutes

**Total Time:** 1 hour 5 Minutes

Shopping online? Visit [the Big Flavors Amazon shop page](#) to stock up on ingredients and kitchen tools!

## Ingredients

- 2 cups plain Greek yogurt
- 1/2 English cucumber, peeled, seeded, and diced small
- 3 large cloves garlic
- 1/2 teaspoon kosher salt
- 1 1/2 teaspoons freshly squeezed lemon juice (about half a small lemon)
- 1 1/2 teaspoons granulated sugar
- 1/4 teaspoon Worcestershire sauce
- 1/8 teaspoon freshly cracked black pepper

## Instructions

1. Place yogurt and cucumber in a medium bowl.
2. Roughly chop garlic. Sprinkle salt on top of the garlic. Using the flat side of your knife, smash, scrape, and chop the garlic until it forms a paste.
3. Add the garlic paste to the bowl along with the lemon juice, sugar, Worcestershire sauce, and pepper. Stir to combine, then taste for seasoning. It will likely need more salt, but taste it first and adjust accordingly.
4. Cover and refrigerate for at least an hour for best flavor.

Recipe from Ashley Covelli at  
**Big Flavors from a Tiny Kitchen**



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