

EASY FLATBREADS



A great recipe to do with children if they don't mind getting sticky fingers!! Simple and easy to follow. You can make it your own by adding a few extra ingredients, see on the right for ideas. Perfect to be used instead of (or as an addition) to rice in dishes like curries & chillies.

PREP: 15 min **TOTAL:** 10-15 min

SERVES: 4



200g
self-raising
flour



200g Greek
yoghurt



Pinch of salt

Flatbread Inspiration:

Garlic bread: add garlic cloves (peeled & crushed) & Italian herbs (fresh or dried) to the flour & mix well before adding the yoghurt.

Moroccan style bread: add 1 tsp of fennel/caraway seeds to the flour and mix well before adding the yoghurt & 1 tbsp honey

Warm served with herb butter: warm up some butter, add chopped garlic & fresh herbs, let it sit for a couple of minutes.

Brush the top of the flatbread with it.

TIPS:

- ✓ Ideal for parties or snacks, cut them into wedges and serve them with dips like hummus or salsa.
- ✓ Best eaten straight away but if you have any left over you can give them a quick flash in the microwave if needed (10 to 15 seconds per bread will do the trick).
- ✓ They can be used as bases for pizzas. Just remember to roll them thin and bake them in a very hot oven.



1 Put flour, yoghurt and a pinch of salt in a bowl. Mix with a fork until it comes together.



2 Then sprinkle some flour on your work surface and put the dough on it. Start kneading the dough, adding flour as needed to prevent dough from being too sticky. Knead for 10 minutes.



3 Divide the dough into 4 or 6 pieces (depending on the size you want the flatbreads to be). Roll those pieces into balls.



4 Use a rolling pin or something similar to roll those balls out until thin. You will need to add extra flour while rolling them out.



5 Heat up a large frying pan on medium to high heat. When the pan is hot add a flat bread (or two if the pan is large enough) & leave them to cook until bubbles start forming on the top (1-2 mins), then turn them around & cook them for a further minute or so, you will see they start to go golden brown.



6 Repeat until they are all cooked, best served warm.

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