

COOKING UP

FLATBREADS

Super quick and easy - great as a snack or with a meal.

SERVES 4 

INGREDIENTS

75g wholemeal flour
75g white self-raising flour
150g natural yoghurt
¼ teaspoon salt
Extra flour for rolling
Vegetable oil for brushing over flatbreads
Cumin seeds (optional)

EQUIPMENT

Large mixing bowl
Measuring spoon
Rolling pin
Pastry brush
Frying pan

ALLERGENS

Milk, Gluten

TIP

Cumin seeds can be substituted for a variety of different spices.



METHOD

- 1 Place the 2 flours and the salt into a mixing bowl. Add the yoghurt and mix well.
- 2 Knead the mixture gently on a floured surface (you may have to add a bit more flour if the mixture is too sticky). Cover and leave to rest for 5 minutes.
- 3 Divide the dough into 4 and shape into balls.
- 4 Roll each ball out into a rough circle of approx. 18cm size (size of a small plate).
- 5 Brush the flatbreads on one side with a little oil and sprinkle with a few cumin seeds if using.
- 6 Heat a frying pan on a medium heat and when hot, cook the flatbreads individually, placing the oiled side down and when the flatbread begins to puff up slightly and is golden (after approx. 2 minutes), turn it over, brush the other side with a little oil (and a few cumin seeds if using) and cook for a further 2 minutes. Cool slightly and serve.



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