COOKING UP FLATBREADS

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



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)



METHOD

- **EQUIPMENT**
- Large mixing bowl Measuring spoon Rolling pin Pastry brush Frying pan

ALLERGENS

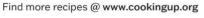
Milk, Gluten

TIP

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

- 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.







Registered Charity No: 1198664 Website: https://www.cookingup.org/ Facebook @cookingupcharity Instagram _@cookingup_