



Easy flatbreads (two ways)



 Preparation time
10 minutes

 Cooking time
5 minutes

 Equipment required
**Mixing bowl,
spoon, rolling pin
(see Tips), frying
pan, spatula**

These flatbreads can be made in no time at all. Use the yoghurt flatbreads as a pizza base or a wrap. Both are delicious for dipping into curries, or mopping up sauce from our shakshuka recipe.

Yoghurt flatbread



VEGETARIAN | MAKES 2 FLATBREADS

Ingredients

1 cup self-raising flour, plus extra for dusting
1 teaspoon baking powder
6 tablespoons plain, natural yoghurt

Pantry Items

Pinch of salt
2 teaspoons dried mixed herbs
Olive oil, for greasing

*Flatbreads can be frozen once cooled and lightly toasted before use.

Method

- 1 Add flour, salt, baking powder, yoghurt and dried herbs to a large bowl and mix into a dough with hands.
- 2 If the dough is still wet after mixing well, add a sprinkle of flour.
- 3 Pour dough onto a floured surface and knead for 2-3 minutes until smooth.
- 4 Divide the dough into 2 equal sized pieces and roll them into balls with your hands.
- 5 Using a lightly dusted rolling pin, roll each piece evenly until the size of a small plate.
- 6 Preheat a frying pan, lightly greased, to medium-high heat.
- 7 Cook each flatbread for 1-2 minutes each side, until lightly browned.
- 8 Add a splash more olive oil to the pan for each flatbread.

[Other recipe on next page >](#)

Tips

If you don't have a rolling pin, you can cover dough with a sheet of baking paper and use a sturdy water bottle.

Easy flatbreads (two ways)

Chickpea pancakes



VEGAN | MAKES 2 PANCAKES

Ingredients

1/2 cup chickpea flour

1/4 cup cold water

Pantry Items

1 teaspoon ground spices -
e.g. cumin, coriander, paprika

Salt and pepper

Olive oil, for greasing

Method

- 1 Mix flour and spices together in a large mixing bowl.
- 2 Slowly add water, mixing with a spoon at the same time, until it is a thin batter (you may not need all of the water).
- 3 Season with salt and pepper and stir through.
- 4 Preheat a frying pan, lightly greased, to medium-high heat.
- 5 Cook each flatbread for 1-2 minutes each side, until lightly browned.
- 6 Add a splash more olive oil to the pan for each flatbread.



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