

## Flat Bread

Prep time: 30 mins

Cook time: 30 mins

Serves: 4



### Equipment:

Mixing bowls and wooden spoons  
Whisk  
Saucepan  
Food processor

### Flatbread Ingredients:

175g self-rising flour, plus extra for dusting  
¼ teaspoon salt  
½ teaspoon baking powder  
175g natural yoghurt

### Flatbread Method:

Add all the flatbread ingredients to a mixing bowl and mix together with a spoon, then use clean hands to pat and bring everything together. Dust a clean work surface with flour, then tip out the dough. Knead for a minute or so to bring it all together (this isn't a traditional bread recipe, so you don't need to knead it for long – just enough time to bring everything together). Put the dough into a floured-dusted

bowl and cover with cling wrap then set aside. Start making your dips whilst the dough is resting.

Once you have finished the dips, dust a clean work surface and rolling pin with flour, then divide the dough in half, then divide each half into 4 equal-sized pieces (roughly the size of a ball).

With your hands, pat and flatten the dough, then use a rolling pin to roll each piece into 15cm rounds, roughly 2 mm thick. Use a knife to score 3 lines into the center of each round.

Put a little bit of oil into a hot fry pan and lay the flatbread in the pan. Once bubbles start to appear on one side, turn it over and fry on the other side. This should only take a couple of minutes.

Once brown on both sides remove from pan and cover to keep warm.

### To Serve:

Put dips into bowls on a board and serve with flatbread on the side.

**Food, Fun, do!**