

# QUICK AND EASY FLATBREADS





## INGREDIENTS

300g self raising flour  
½ tsp baking powder  
150g natural yogurt  
Pinch salt  
Water for mixing  
1 tbsp vegetable oil  
Melted butter to brush



## METHOD



15 mins



10 mins



Serves 4

- ① In a mixing bowl, mix together the flour, baking powder, and salt, then add the yogurt and oil and a little water.



- ② Use a knife to bring together into a rough dough. If it's too wet then add some more flour.



- ③ Sprinkle a little flour onto your worktop or board and tip the dough onto the surface, and knead for a few minutes until slightly smooth. Divide into four to eight pieces, depending on the size of flatbread you want and shape into rough ovals.



- ④ Heat a frying pan over a high heat, then fry for 1-2 mins on each side until golden and slightly charred in spots.



## Top tips

- You can add flavours to your flatbread mix- garlic, herbs and spices- cumin seeds.
- Delicious served with hummus!
- These flatbreads are great served with the Welsh Lamb kebabs on page 15.

- ⑤ Brush the flatbreads with a little melted butter or ghee, then serve.

