

One Two Flatbreads

Why are these called one two flatbreads? – because that's all you really need to remember! One Yogurt, Two Flour. One Bowl, Two Hands. One pan, Two Spatulas – You get the picture! Add any extras that you fancy or make them allergy friendly by using gluten or dairy free ingredients as required.

Ingredients:

1 x 150ml pot natural yogurt
 2 x 150ml pots self-raising flour
 Black pepper (optional)

Equipment:

Mixing bowl
 Frying pan
 2 spatulas or fish slices

ALLERGENS HIGHLIGHTED IN BOLD>

Instructions:

1. Empty the contents of the yogurt pot into the mixing bowl
2. Use the empty pot to measure the flour into the mixing bowl
3. Add a twist of black pepper to the bowl if using
5. Use one hand to hold the bowl while you bring the ingredients together to a rough dough with your other hand
6. Tip the dough onto a floured board or worksurface and knead until smooth. This will only take a couple of minutes
7. Divide the dough into 4. Shape into balls and then flatten to form disc shapes
8. Heat a large frying pan. You won't need any oil.
9. Place the flatbreads in the pan and cook for 2 -3 minutes on the first side. The breads will puff up slightly and be toasty brown in places on the underside.
10. Use the spatulas or fish slices to flip the breads over and cook for another 2 -3 minutes on the other side.

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