

Toasty Flat Bread

Vegetarian



Serves

4-6

Cooking time

30



Add spices such as garlic, chilli or paprika for extra flavour.



Ingredients

- 2 cups self-raising flour
- 2 tbsp dried mixed herbs
- Pepper
- 1 cup fat-reduced Greek yoghurt
- Spray oil

Equipment

- Large bowl
- Cup measures
- Spoon measures
- Spoon
- Chopping board
- Rolling pin
- Frypan or sandwich press
- Spatula
- Tongs



Tasty learning for life



How to make it



1. Add 2 cups of self-raising flour, 2 tbsp of dried mixed herbs and a pinch of pepper into a large bowl. Stir to combine.



2. Add 1 cup of yoghurt and mix until it forms a dough. If the dough is too wet, add a little more flour until it doesn't stick to your hands.



3. Dust a chopping board or bench with flour. Place dough on the board or bench and knead (push to stretch and fold back repeatedly) until smooth.



4. Divide dough into 8 small balls and roll out into flat circles with the rolling pin.



5. Spray frypan or sandwich press with oil and turn onto medium heat. Cook flat bread for 3 minutes on each side until brown.



nom!