

# SUPER EASY FLATBREAD



BEYOND *the*  
Chartwells  
KITCHEN



## WHAT DO I NEED?

(makes 12 flatbreads)

350g self-raising flour, plus extra for dusting

1 tsp baking powder

350g natural yoghurt

Rapeseed oil (to cook in pan and avoid sticking)

## DID YOU KNOW...

These flatbreads contain yoghurt which is a great source of **calcium** and will help to build and maintain strong bones and teeth!



## HOW DO I MAKE IT?

1. Add all the ingredients to a large bowl and mix together with a spoon. Then use clean hands to pat and bring everything together.
2. Dust a clean work surface with flour, then tip out the dough.
3. Knead for a minute or so to bring it all together.
4. Put the dough into a floured-dusted bowl and cover with a plate or tea towel, then leave aside.
5. Dust a clean work surface and rolling pin with flour, then divide the dough in half, then divide each half into 6 equal-sized pieces (roughly the size of a golf ball).
6. With your hands, pat and flatten the dough, then use a rolling pin to roll each piece into 12cm rounds, roughly 2mm to 3mm thick.
7. Use a knife to cut 6 lines into the centre of each round, leaving about 3cm at each end.
8. Place the griddle/frying pan on a high heat, then once hot, cook each one for 1 to 2 minutes on each side (turning with tongs), or until slightly golden and puffed up!



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So much more than fantastic food