



## Easy flatbreads

A SIMPLE BREAD RECIPE FOR KIDS TO LEARN

 **MAKES: 12**

 **COOKS IN: 35 MINUTES**

**DIFFICULTY: SUPER EASY**

### NUTRITION PER SERVING

Calories	Fat	Saturates	Sugars	Salt	Protein	Carbs	Fibre
152	4.4g	2.6g	2.2g	0.5g	4.1g	25.5g	1.2g
8%	6%	13%	2%	8%	8%	10%	-

OF AN ADULT'S REFERENCE INTAKE

## Method

1. 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.
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 (this isn't a traditional bread recipe, so you don't need to knead it for long – just enough time to bring everything together).
4. Put the dough into a floured-dusted bowl and cover with a plate, then leave aside.
5. If making the garlic butter: peel the garlic cloves and crush them with a garlic crusher.
6. Pick the herb leaves onto a chopping board and finely chop them, discarding the stalks.
7. Melt the butter in a small pan over a medium heat, then stir through the garlic and chopped herbs, then set aside.
8. 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).
9. 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.
10. Use a knife to cut 6 lines into the centre of each round, leaving about 3cm at each end.
11. Place the griddle pan on a high heat, then once hot, cook each one for 1 to 2 minutes on each side, or until bar-marked and puffed up, turning with tongs.
12. Brush the flatbreads all over with herby garlic butter as they come off the griddle, then pile onto a serving board so everyone can dig in and help themselves.

## Tips

*I've given you a recipe for garlic butter here too, but these flatbreads are lovely just as they are alongside some soup, with a fresh salad or dunked in some homemade dip.*

## Ingredients

### FLATBREADS

350 g self-raising flour , plus extra for dusting

1 teaspoon baking powder

350 g natural yoghurt

### GARLIC AND HERB BUTTER (OPTIONAL)

2 cloves of garlic

a bunch of fresh soft herbs, such as flat-leaf  
parsley, tarragon, basil, dill

40 g unsalted butter



RECIPE ADAPTED FROM

**The Kitchen Garden  
Project**

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