

Side dish: flatbread's

Recipe and ingredients



150g flour (McDougall's plain flour 500g- 90p)



1 tsp yeast (Fast action dried yeast sachets x8- 90p)

Pinch of salt

1 tbsp oil



100ml warm water



If you do not have yeast, it is ok.
The flat breads will still be good without the yeast.



1. Add the flour to a mixing bowl.



2. Slowly add the water, while mixing with your hand.



3. When a ball of dough is formed remove from the bowl. Place the ball of dough onto a work top and knead the dough for 2-5 minutes.



4. Roll into a sausage shape and cur into 8 equal pieces.



5. Roll out each dough ball using a rolling pin or hand stretch.



6. Place the flat breads into a preheated pan and cook for 1-2 minutes on each side.

