



“This is a recipe you can take with you everywhere. It is quick, easy and adaptable. The kids at school make this regularly.”

Sara B.

# Simple Flatbread

Serves 4

## Ingredients

125 grams or 1 good cup of plain flour, extra for dusting  
¼ teaspoon salt  
2 teaspoons extra virgin olive oil mixed in 1/3 cup tepid water

## Method

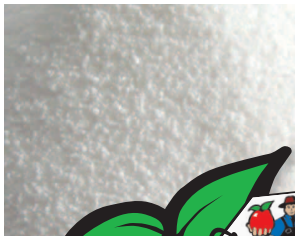
Put flour and salt on clean surface. Make well in the centre and trickle in the oil and water mixing with your fingers as you go. (Add gradually as you may not need all the liquid).

Knead for 2 or 3 minutes until the dough feels smooth and silky. Place in a bowl and cover with a clean tea towel. Leave at room temperature for at least 30 minutes.

Divide dough into 4 pieces – each about the size of a small egg. Use a rolling pin to roll into flat rounds on a floured workbench.

Heat a heavy-based cast iron frying pan over high heat until very hot, there is no need for any oil. Slap a dough round into it. Cook for 2-3 minutes and then turn to cook the other side. The cooked flatbread will have little burnt blisters on it.

Keep warm until ready to serve.



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**AND DELICATESSEN** **T**

Email: [Sara@feastonfruit.com.au](mailto:Sara@feastonfruit.com.au)