

## Majura Primary School SAKG Program

### Easy Flatbread

**Season:** Any    **Serves:** 8 students    **Recipe Source:** Recipe Tin Eats

#### Equipment You Need

- Large mixing bowl
- Mixing spoon
- Measuring cups and spoons
- Rolling pin
- Electric frypan (or a non-stick pan)
- Egg flip (spatula)
- Clean tea towel

#### Ingredients

- **2 cups** plain flour (plus a little extra for your bench)
- **½ teaspoon** salt
- **4 tablespoons** olive oil
- **¾ cup** warm water

#### What to Do

- 1. Mix the Liquids** In a small bowl or jug, stir the **warm water** and **olive oil** together.
- 2. Mix the Dry Ingredients** In your large bowl, tip in the **2 cups of flour** and the **½ teaspoon of salt**. Give it a quick stir.
- 3. Make the Dough** Pour the watery oil mix into the flour bowl. Use your mixing spoon to stir it all together until it forms a soft clump of dough.
- 4. Knead Until Smooth** Sprinkle a tiny bit of extra flour onto your clean bench so the dough doesn't stick. Push, fold, and roll the dough with your hands (**kneading**) until it feels nice and smooth.
- 5. Give it a Rest** Put the dough back in the bowl and let it rest for **30 minutes**. *Time to do some dishes or prep your fillings!*
- 6. Cut and Roll** Sprinkle a little more flour on the bench. Divide your dough into **8 equal pieces**. Roll each piece into a smooth ball using your hands, then use the rolling pin to flatten them into circles (about the size of a small plate, or 15cm across).
- 7. Cook (Ask a Grown-up for Help Here!)** Put a flatbread into the hot frypan. Watch it closely!
  - Cook for about **1 to 1½ minutes** until it puffs up with air and gets lovely golden patches on the bottom.
  - Use the egg flip to carefully turn it over. Cook the second side for **45 seconds to 1 minute**.
- 8. Keep Them Soft** As soon as a flatbread comes out of the pan, stack it inside a clean, wrapped tea towel. This keeps the steam inside, so the bread stays soft and bendy!



#### Chef's Notes

- **Gluten-Free?** This recipe works with gluten-free flour too! If the dough feels too sticky to roll, just sprinkle a little extra flour onto your hands and bench.