

SPINACH FLAT BREAD

INGREDIENTS

2 ½ cups of SR Flour

2 tbsp veg oil

1 cup Spinach/ Chard, finely chopped

1/2 cup warm water

Extra veg oil for frying

METHOD

Place flour in large mixing bowl. Add finely chopped spinach.

Mix in 2 tbsp veg oil.

Add water, slowly, stirring as you go, until the dough starts to come together. Keep stirring and adding the water until the dough forms a ball.

Turn the dough onto a lightly floured table and knead. If the dough is too sticky, add more flour.

Roll out the dough to a large circle, 1cm thick. Spread 1 tsp oil over the dough, roll up.

Cut the dough into pieces. Roll each piece out flat.

Preheat the electric fry pan to a medium heat.

Add a little oil and cook 1 piece at a time, approx 1 min each side, it should puff up.