



Garlicky flatbreads



INGREDIENTS

200g multi-seeded bread flour;
200g Greek yoghurt;
1 tsp baking powder;
½ tsp salt;
1 tbsp olive oil, plus extra for cooking;
1–2 cloves garlic, crushed; optional parsley

INSTRUCTIONS

Flatbreads: Mix flour, baking powder and salt. Stir in yoghurt and 1 tbsp oil, knead 1–2 minutes, divide into 4, roll out and cook in a hot dry pan for 2–3 minutes per side.

Garlic finish: Mix crushed garlic with a little olive oil, brush over warm flatbreads and scatter with parsley if using.

Serve: with dips such as hummus or other bean dips, veg chilli, salads and feta cheese, roasted veg.....

From Hayle WellFed pilot – a partnership between Bodriggy Surgery, Sustainable Hayle / Good Shepherd Solutions (facilitating cookery sessions; community allotments) and Kehelland Trust (veg supply and farm visits). With thanks to Hayle Family Hub for their support.