

Flat breads



Ingredients, serves 4-6

- 300g Wholemeal or plain flour
- 1 tsp salt
- 1 tbsp oil
- 275ml/ ½ pint lukewarm water
- Extra flour for dusting

Method

1. Sift the flour and salt into a large bowl
2. Add the oil and water and mix to a soft dough – add the water a little bit at a time to make sure it doesn't get too wet
3. Knead the dough for a few minutes, then put back in the bowl and cover with a damp tea towel for 10-15 minutes
4. Divide into 8-12 balls and roll into thin rounds (use extra flour to stop it sticking to the work surface)
5. Heat a non-stick frying pan until it is very hot
6. Cook one flatbread at a time for a minute or so on each side
7. Serve with kebabs and dip, or stews, curries or anything you like!