

Flatbreads with Tomato Topping

Flatbreads are the simplest and oldest form of bread making. They are made in slightly different ways all over the world and are given different names, such as tortilla in Mexico and chapatti in India. A flatbread is simple bread made from flattened dough. Many flatbreads, including this recipe, are made without yeast. Lightly flavoured flatbreads are the perfect accompaniment to many different kinds of meals. The rosemary or basil in the tomato topping adds an Italian flavour to this recipe.



Wheat, Gluten and Dairy

Made it? Rate it!



Equipment

Sharp knife	Rolling pin
Chopping board	Saucer
Small saucepan	Fish slice
Measuring spoons	Large non-stick frying pan or griddle
Wooden spoons x 2	Large plate
Weighing scales	Clean tea towel
Sieve	
Large mixing bowl	

Something to try next time

- Top the tomatoes with a slice or two of mozzarella cheese and grill until the cheese has melted.
- Chopped large tomatoes could be used instead of cherry tomatoes, but it would be a good idea to remove the seeds to prevent the mixture being too wet.
- Make very small flatbreads and serve them at parties or events.

Ingredients

Serves 4

Topping (optional)

- 1 clove garlic or ½ x 5ml spoon garlic puree
- 1 medium red onion
- 32 cherry tomatoes (about 300g)
- 2 x 15ml spoons olive oil
- 1 x 15ml vinegar (balsamic gives a lovely flavour)
- ¼ x 5ml spoon black pepper
- ¼ x 5ml spoon honey
- 4 sprigs of rosemary, basil or parsley

Flatbreads

- 150g self-raising flour
- ¼ x 5ml spoon black pepper
- 150g low-fat natural yoghurt
- Extra flour for rolling out



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Method

1. Peel and chop the garlic and onion.
2. Cut the tomatoes in half.
3. Heat the oil in a small saucepan and add the onion and garlic. Cook gently for four minutes, stirring occasionally.
4. Add the tomatoes and cook for two minutes. Remove from the heat.
5. To make the flatbreads, sieve the flour into a mixing bowl and add the black pepper.
6. Add the yoghurt and stir until mixed.
7. Tip out onto a clean, floured surface and knead gently until smooth.
8. Divide the dough into four and make into balls.
9. Roll out each ball with a rolling pin to the size of a saucer. Use a fish slice to move them if they stick.
10. Heat a non-stick frying pan and cook the flatbreads one by one until they are crisp and golden. They will take three minutes each side. Be careful to turn down the heat once the breads have started cooking. Wrap them in a clean tea towel to keep them warm.
11. Now add the vinegar, black pepper and honey to the tomato mixture. Cook for a further two minutes, stirring carefully.
12. Serve each flatbread topped with the tomato mixture and garnished with a sprig of rosemary, basil or parsley.



Top tip

Be careful to not get the frying pan or griddle pan too hot or the flatbreads will burn.

Prepare now, eat later

Prepare ahead?

- Wash and chop the ingredients up to four hours in advance and store, covered in the fridge.
- Weigh out the ingredients for the flatbreads.

Keep for later?

- Cool and store the flatbreads and tomatoes separately in the fridge for up to twelve hours. When you are ready to eat them, gently heat the flatbreads in the non-stick frying pan until piping hot. The tomatoes can be reheated in a small saucepan for three to four minutes.

