



In the Kitchen with Infants Students

SPINACH FLATBREAD

FRESH FROM THE GARDEN: Spinach



Lemons



Blueberries



Tomatoes

Ingredients

- 1 cup Greek yoghurt
- 1½ cups SR flour + more if needed
- 1 tablespoon oil
- Pinch salt
- 1 cup spinach

Equipment

- Knife
- Chopping board
- Rolling pin
- Frying pan



Method

1. Wash spinach, remove stem and cook for a few minutes in water. Let it cool and chop into small pieces.
2. Place Greek yoghurt in a mixing bowl and give it a stir. Add in 1 cup of flour and stir to combine. Add spinach and gradually add in more flour until the dough starts to form into a ball.
3. Tip the dough onto a well-floured surface and knead with your hands for a minutes or two. If the dough is still too sticky, add some more flour and continue to knead. The dough is ready when it is able to hold its shape and is not sticking to your hands or the surface.

4. Divide the dough into 10 even parts. Lightly flour a work surface then use a rolling pin to roll each ball of dough out into small, thin rounds.
5. Heat a frying pan on medium heat with a little bit of oil. Once the pan is hot, add a flatbread and cook each side for 1 minute, until cooked through and covered in brown spots. Repeat with the remaining flatbread.