

SPINACH AND FETA FLATBREADS



Ingredients

Makes 8

- 500g plain flour, plus extra for dusting
- 5g dry active yeast
- 8g sea salt
- 1 tsp caster sugar
- 2tbsp extra virgin olive oil, plus extra greasing
- 200g natural yoghurt
- 200ml warm water

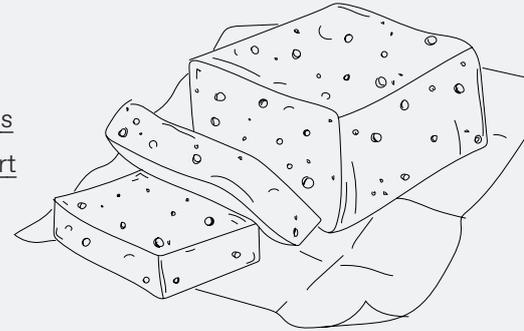
Spinach and feta filling

- 2 tbsp extra virgin olive oil, plus extra for drizzling
- 1 onion, finely sliced
- 3 cloves garlic, roughly chopped
- 1 tbsp cumin seeds

- Zest of a lemon
- 1/2 bunch of dill, roughly chopped
- 1/2 bunch parsley, roughly chopped
- 1 bunch spinach leaves, roughly chopped and thoroughly dried (around 300g of leaves)
- 300g Greek feta, crumbled
- Sea salt and pepper

To serve:

- Dill fronds
- Lemon wedges
- Natural yoghurt



Method

Make the dough by combining all of the ingredients in the bowl of a stand mixer fitted with a dough hook. Mix on a low speed to begin, then increase the speed to high and mix for 4-5 minutes or until the dough is elastic and shiny. Alternatively, mix all of the ingredients in a bowl with a wooden spoon then turn out onto a floured work surface and knead until the dough is soft and elastic. Transfer to a well oiled bowl and coat the dough in the oil, then cover and allow to rise for one hour, or until doubled in size.

Meanwhile, prepare the filling by warming the olive oil in a pan over a low-medium heat. Gently fry the onion until soft and beginning to colour, around 10 minutes. Add in the garlic and cumin seeds and cook for a further two minutes or until the garlic is softened and the cumin is fragrant. Transfer to a large bowl and allow to cool. Add in the remaining ingredients and drizzle with some more extra virgin olive oil, just a tablespoon will do. Mix really well, ensuring there are no large pieces of feta as it will pierce holes in the dough when they are rolled. Season to taste.

Turn the dough onto a work surface and divide into 8 equal pieces. Roll each piece into a ball. Dust your work surface with flour and flatten each ball of dough with the palm of your hand and roll into a rough circle around 15cm in diameter dusting with flour as you need. Place approximately 1/2 cup of filling into the centre of the dough. Seal the flatbread by bringing the edges into the centre and pinching to seal. Repeat with remaining pieces of dough. Dust the little parcels with flour on both sides so they don't stick to the bench or work surface, and gently flatten with your hands or roll until they are around 1cm in thickness, being careful not to make any holes. If holes do occur, try to pinch the dough back together with your fingers to seal.

Heat a pan over a medium heat and cook the flatbread in the pan until golden and cooked through on both sides (around 2 minutes on each side). Repeat with remaining flatbreads.

Serve the flatbreads with wedges of lemon, extra dill and yoghurt drizzled with a little olive oil and seasoned with salt and pepper.