



DIANA WRIGHT

FOOD SCIENCE AND NUTRITION

BSc Hons Dip ION 

FLAT BREAD RECIPE

FLAT BREAD

100g chick pea flour
40ml olive oil
200ml water
Small handful fresh coriander chopped
Zest of 1 lemon

Put the flour into a bowl, make a well in the middle and add the olive oil. Gradually pour in the water, mixing constantly with a whisk, until you have a batter about the consistency of double cream.

Add the coriander and lemon zest and stir well.

Heat a non stick pancake pan until very hot, brush with olive oil and pour about 110ml of the batter. The batter should form a thick pancake about 20cm across. Lower the heat slightly and allow the flat bread to cook and brown before flipping it over and browning it on the other side.

Lift out the flat bread, put it on a plate, cover with an upturned plate and keep in a warm oven while you use the rest of the mix.

This recipe should make at least four flat breads. Any excess flat breads can be kept covered in the fridge for up to two days or frozen for up to four weeks.

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