

Season: Year round
From the garden: Herbs (optional)
Type: Side dish
Difficulty: Medium
Serves: 4-6 adults as a side dish/ 12-15 tastes
Source: Sarah Rae, Kitchen Specialist, Edendale Primary School

Equipment

- Measuring Scales
 - Measuring spoons
 - Measuring cups
 - Large mixing bowl x 2
 - Small jug
 - Clean tea towel x 1
 - Rolling pin
 - Non-stick fry pan
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Ingredients

- 300g flour + extra for kneading
 - 2 tablespoons of olive oil
 - ½ teaspoon salt
 - ¾ cup of warm water
 - 1 -2 tablespoons herbs (optional)
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How to make it

1. In a small jug dissolve the salt in the warm water.
2. Add the olive oil to the water.
3. Weigh the flour and place in a large bowl.
4. Slowly add the water/oil mixture and gently stir until all the flour and water is combined. Add chopped herbs here if desired.
5. Turn the dough out onto a floured surface and knead for 2 minutes.
6. Rest the dough for 30 minutes in a bowl covered with a clean cloth.
7. Turn the dough out and divide the mixture into 15 pieces.
8. Roll them out as thin as possible, using a rolling pin or gently stretching with your hands (a disk shape is great!). Do not overwork the dough.
9. Place the disc shape in a heated dry pan until they bubble and cook until each side develops brown splotches and bubbles.

Serve with dips or a curry.