

# THE LAB

Three things to make and do



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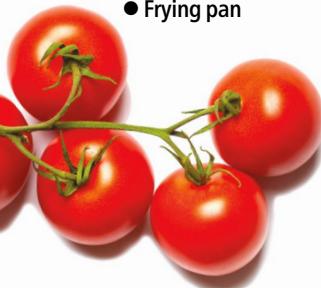
## Make flatbreads

Load your flatbreads with salad and cheese for a healthy summer lunch.

### What you need

Makes four flatbreads  
● 220g full-fat Greek yoghurt  
● 140g self-raising flour  
● A pinch of salt  
● 1 tsp olive oil

Toppings (optional):  
● Salad  
● Cheese  
● Pickles  
● Pizza toppings  
● Bowl  
● Wooden spoon  
● Rolling pin  
● Frying pan



### Instructions

- 1 In a bowl, mix together the Greek yoghurt, flour, salt and olive oil.
- 2 Cut your dough into four even portions. On a floured surface, roll out one portion of dough. If the mixture is too wet, add more flour. If it is too dry, add more yoghurt.
- 3 When your dough is nice and thin, ask an adult to heat a little olive oil in a frying pan. Fry your flatbread for 3–5 minutes on each side, until golden brown.
- 4 Repeat steps 2 and 3 until you have four piping hot flatbreads.
- 5 Load your flatbreads with salad and cheese for a nice, healthy lunch. Or you could top them with pizza sauce and cheese, and grill for a few minutes for a delicious homemade pizza.
- 6 Your flatbreads are best eaten straight away while still warm, but they can also be microwaved for a few seconds if you want to prepare them early. Enjoy!

**Allergy warning!** Ingredients in **bold** are allergens (substances that cause allergic reactions). Learn more at [tinyurl.com/SN-allergy](http://tinyurl.com/SN-allergy)

Flatbreads are quick and easy to make.



### How does it work?

This recipe doesn't use any yeast (the microbe that makes bread rise). This makes the dough easier to make, but is just as tasty as a yeast bread. Self-raising flour contains a chemical called sodium bicarbonate, which reacts with acid in the yoghurt to produce carbon dioxide. This makes the breads puff up in the pan when they are cooking. Adding liquid activates the gluten in the flour, which makes the dough stretchy and allows you to roll it out into a flat bread. Fat and protein in yoghurt also give the bread a softer texture than using plain water.