



## MOROCCAN VEGETABLE & FETA FLATBREADS

### INGREDIENTS:

#### Flatbread

- 250g Bread flour
- 1 tsp Salt
- 15g Fresh yeast
- 1 tbsp Olive oil
- 150ml Warm water

#### Filling

- 1 tbsp Olive oil
- 1 Large clove of garlic, finely chopped
- 1 Small red onion, finely chopped
- 2 tsp Ras el hanout spice
- 250g Cherry plum tomatoes, roughly chopped
- 150g Chickpeas
- 100g Baby spinach leaves
- 100g Feta, crumbled
- 40g Pine nuts, toasted

### DIRECTIONS:

- 1) Place the flour and salt into a bowl. Add a little of the warm water to the fresh yeast to make a paste.
- 2) Add the paste, oil and remaining water to the flour & salt then stir well until combined, this will start to create a dough.
- 3) Lightly flour your work surface and then knead the dough for around 5 minutes, until smooth. Place the dough in an oiled bowl, cover with cling film and then leave in a warm place for around an hour, or until doubled in size.
- 4) For the filling, heat the olive oil in a frying pan and add the garlic and onion. Fry over a medium heat for around 5 minutes and then add the ras el hanout. Continue to fry for another 5 minutes, before adding the tomatoes and chickpeas.
- 5) Cook for a further 15 minutes, until the tomatoes have completely broken down, then stir through the spinach leaves until they wilt.
- 6) Remove from the heat, season well and leave to cool. Once cool stir through the pine nuts and feta.
- 7) When the dough has proved, place on to a lightly floured surface and divide into four equally sized balls. Roll each into a long rectangle, approximately 5" x 10". Spoon a quarter of the filling onto the top half of the rectangle, and brush the edges around the filling with water. Bring up the bottom of the rectangle to create a pocket, and press the edges together to seal.
- 8) Fit the sandwich plates and pre-heat on 'High'. When the green indicator light shows, carefully place the stuffed flatbreads in each of the sandwich pockets.
- 9) Close the lid and leave to cook for around 8-10 minutes until the flatbread is golden. Repeat with the remaining two flatbreads.
- 10) Leave to cool for a few minutes before eating. The flatbreads are also delicious cold.