



Bush Greens Flatbread

Ingredients:

1 cup self raising flour

1 teaspoon salt

1 cup greek yoghurt

3/4 cup cheese grated

handful or two of warrigal greens (one to 2 cups)

Method:

1. Place one cup of yoghurt into a bowl.
2. Next add one cup of flour and use a flat bladed knife (not a sharp one) to roughly mix together until combined. It will be a sticky dough so have a floured surface prepared to empty it out of the bowl onto. It will also help to flour your hands.
3. Bring it together by turning it over a few times with a little extra dusting of flour on top or as needed.
4. Divide the dough into 4 segments (round balls) and roll each of them flat with a rolling pin.
5. Place warrigal greens in boiling hot kettle water for 30 seconds, next place in cold water and add an ice cube. Drain & place on paper towel or tea towel to dry of a bit. Grate the cheese then add a good sprinkle of both spinach & cheese in the centre of each rolled out flatbread. Fold dough around the filling. Like an envelope until you have a neat little parcel.
6. Take a rolling pin & roll out flat, brush your flatbread with a little melted butter and pan fry in a non stick pan until golden brown & fluffy, turning it over at least once to cook both sides evenly.
- 7.

Notes; If you don't have warrigal greens available you can substitute it with a small bag of baby english spinach. Makes 4 single serves