Mrs Lasts’ Group

Pumpkin Flat Bread

Season: All Year
Type: bread
Difficulty: Medium
Serves: 20 pieces
From the Garden: parsley, pumpkin, lemon, mint

**Equipment**

- Bowls
- Cup measures
- Spoon measure
- Grater
- Knives
- Chopping board
- Juicer
- Herb chopper
- Rolling pin
- Non-stick pan
- Tongs
- Egg flip

**Ingredients**

**Bread**

- 2 cups plain flour
- ½ teaspoon baking powder
- 1 teaspoon salt
- 1/2 cup parsley, chopped
- 1 ½ cups pumpkin, grated
- ¼ cup greek yoghurt
- ½ cup olive oil, plus extra for cooking

**Minted Yoghurt**

- 1 cup greek yoghurt
- Juice of 1 lime or lemon
- Large bunch mint leaves, chopped
- Salt and pepper

**What to do:**

- Place the flour, baking powder, salt and parsley in a bowl.
- Make a well and add the grated pumpkin, yoghurt and oil.
- Mix to make a dough.
- Turn on to a lightly floured table and knead for 5 minutes.
- Place in a greased bowl and allow to sit while you make the minted yoghurt.
- Mix all ingredients together to make the yoghurt.
- Divide the dough into enough small balls so that each person gets 1 piece of bread.
- On a floured surface roll each ball out into a thin disk.
- Brush a non-stick frypan with a little olive oil
- Cook each side of the bread until golden, brushing each side before turning.