

Quick breakfast flatbread with guacamole dip

Ingredients

For the flatbreads

- 350g self-raising flour
- 2 tablespoons avocado oil (or olive oil)
- 1 teaspoon mixed dried herbs
- 350g Greek yoghurt

For the guacamole

- 2 avocados, peeled and chopped
- ½ red onion, finely chopped
- 1 lemon, juice and zest
- 2 spring onions chopped
- 1 small tomato, diced
- 1 teaspoon smoked paprika or chipotle powder

Method

For the flatbreads

1. Add all the flatbread ingredients to a mixing bowl and mix together with a spoon, then use clean hands to pat and bring everything together.
2. Dust a clean work surface with flour, then tip out the dough.
3. Knead for a minute to bring it all together (this is not a traditional bread recipe with yeast, so you don't need to knead it for long – it will be soft and if very sticky add a little extra flour).
4. Put the dough into a floured-dusted bowl and cover with a plate, leave aside for 10 minutes.
5. Whilst the dough is resting make the guacamole and heat a griddle pan on the stove.
6. To make the flat breads, dust a clean work surface with flour, divide the bread dough into six equal pieces and roll out each piece on the floured surface.
7. Brush the hot griddle pan with a little oil and place bread pieces on the pan.
8. Cook for 2 minutes and flip over, they should be light golden brown and cooked through.
9. Serve hot with guacamole.

For the guacamole

1. Mix all the ingredients together in a bowl, mashing with a fork if a smoother texture is required.
2. Serve in a bowl with flatbread.

