



## Vegetable Flatbread: The Easy Recipe Rich in Vegetables

### Description

# Vegetable Flatbread: The Easy Recipe Rich in Vegetables

To make it, you'll need carrots, bell peppers, green onions, and a handful of pantry ingredients like flour, yeast, salt, and olive oil. Finely dice the veggies, toss with the rest of the ingredients, and let sit. Once the dough has risen, it's ready to bake and enjoy!

### Tips

If you can't find Kapi peppers in a store near you, you can use poblano peppers instead.

Make sure the stove is set to the right temperature. For thicker flatbreads, you will want medium heat. If it is too hot, the bread will burn before it is fully cooked. For thin flatbreads, you can increase the heat. This will create a crispier flatbread.

Whole wheat flour or gluten-free flour will work with this recipe.

Make it dairy-free by using oat milk or almond milk instead of cow's milk.

Use whatever vegetables you have on hand. Just make sure to chop them finely. Large chunks of raw vegetables will be unpleasant in the flatbread.

For a simpler flatbread, omit the vegetables and use only garlic and fresh herbs.

## INGREDIENTS

1 CARROT  
6 GREEN ONIONS

2 KAPI CHILLI

900 g (6 cups) FLOUR

2 cups HOT MILK

1 and 1/2 cups HOT WATER

1 and 1/2 teaspoon SALT

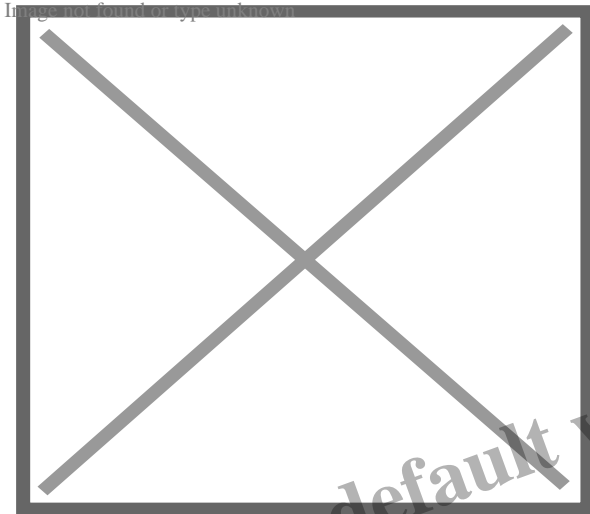
1 packet (7 g) DRY YEAST

1/2 cup OLIVE OIL

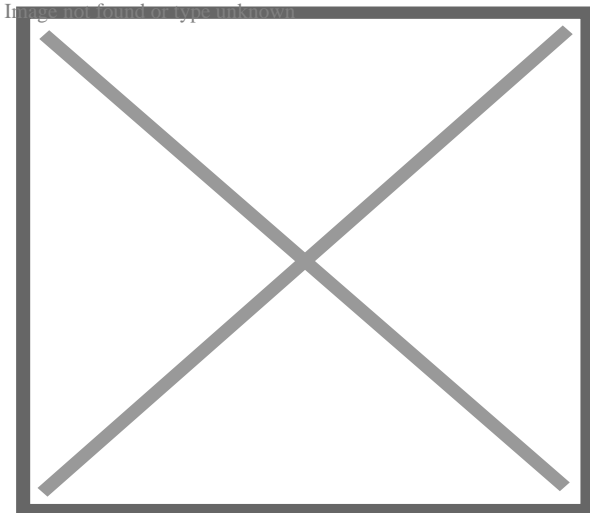
SUNFLOWER OIL

INSTRUCTIONS

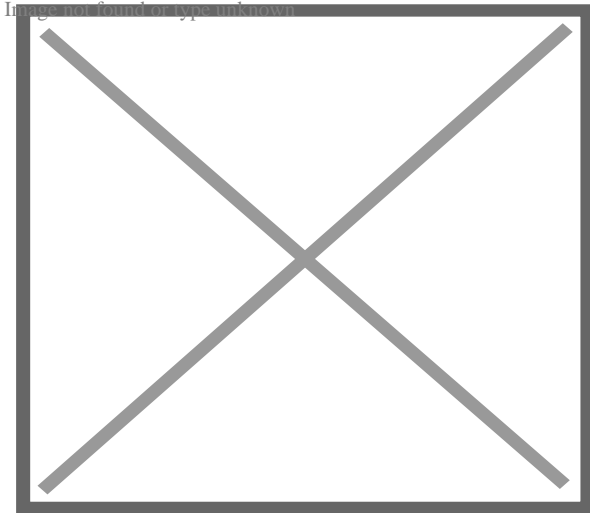
- Chop the carrots, green onions and Kapi peppers.



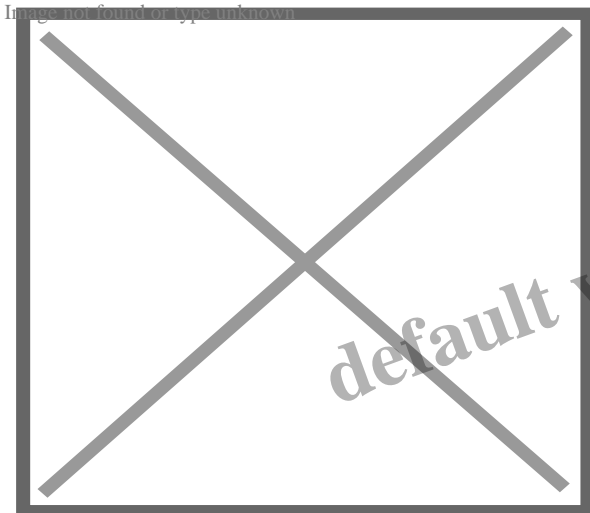
- Add chopped vegetables to a large mixing bowl.



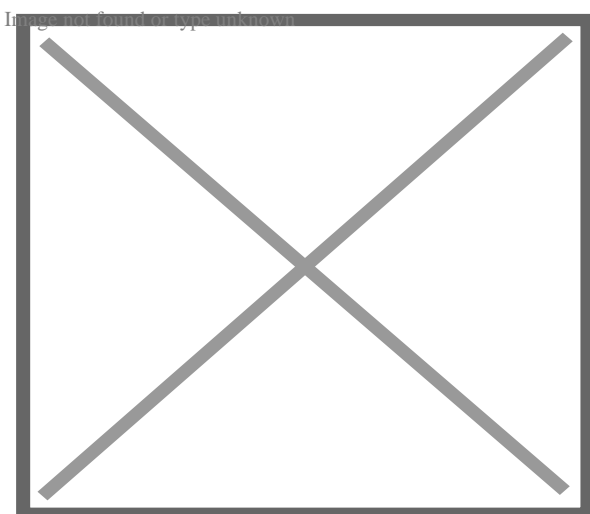
- Add salt, yeast and water.



- Pour in the milk, then add the water and flour.

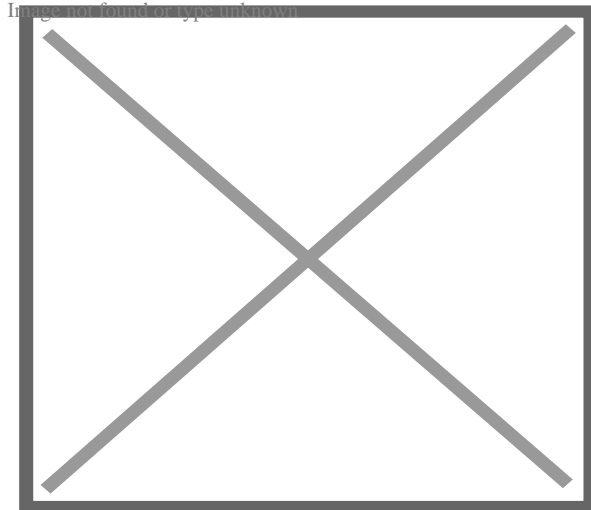


- Mix the ingredients with your hands (or use a spatula) and continue to knead the dough until it is smooth.

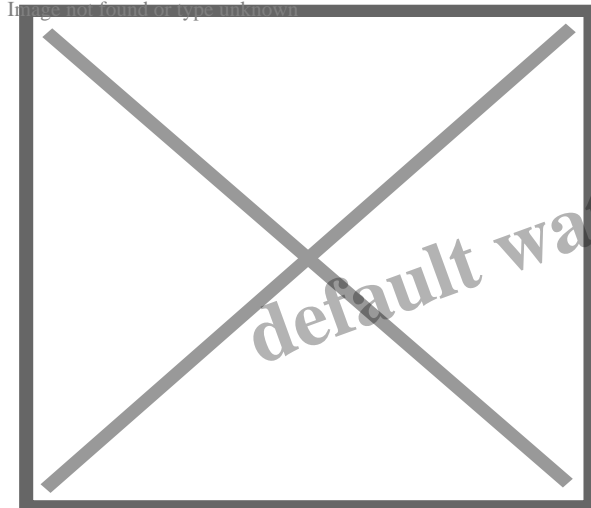


- Drizzle with olive oil, cover, then let the dough rise for 30 minutes to an hour, or until

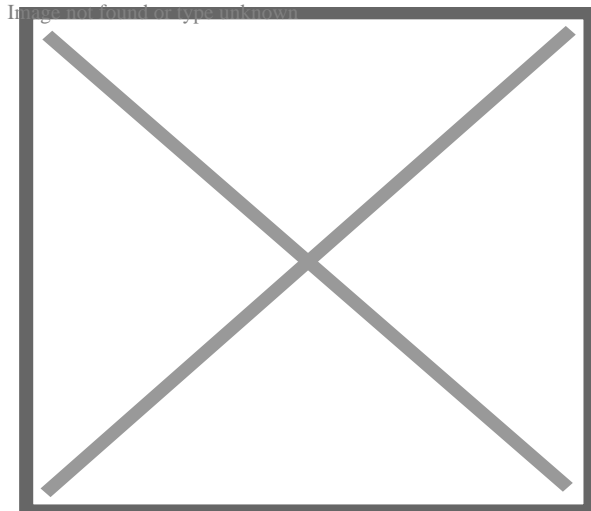
doubled in size.



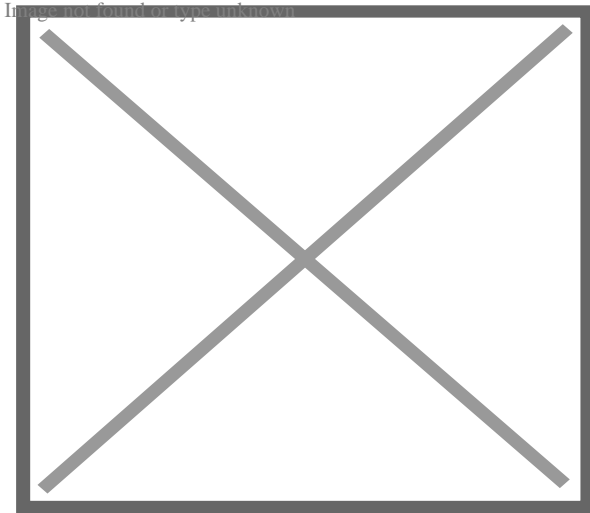
- Divide the dough into eight parts.



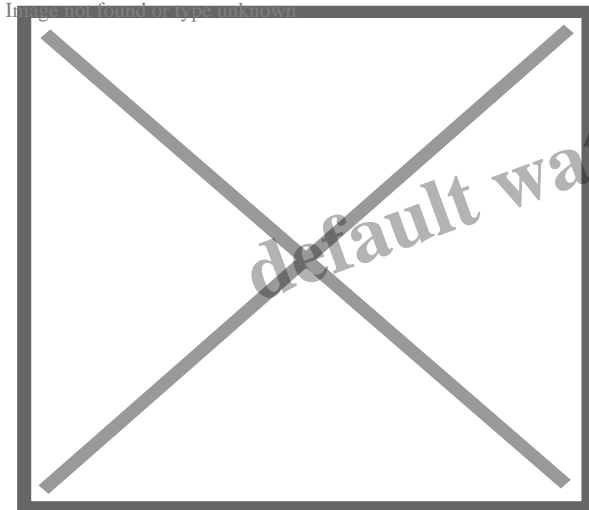
- Form each piece into a ball. Place on a lightly floured surface, then roll out into a disk.



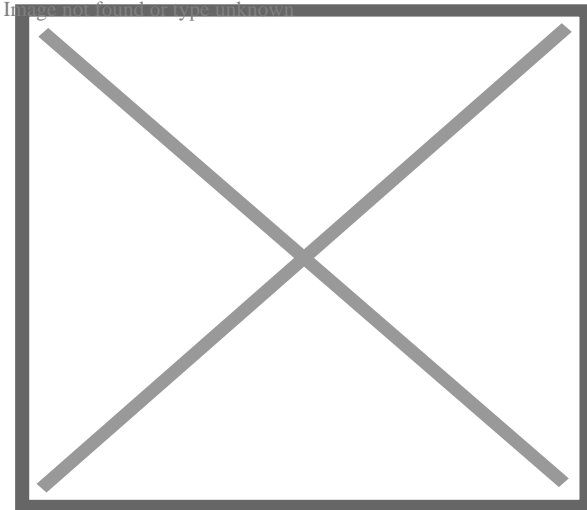
- Transfer the rolled out dough to a saucepan over medium heat.



- Cook the flatbread over medium heat, then turn it over and continue until the bread is cooked through.



- Once the pancakes are cooked through, transfer them to a plate. Brush the bread with melted butter before placing the next one on top.



**NOTES**

Serve the flatbread as an accompaniment to a saucy curry or use it to make chicken gyros!

**Category**

1. Granda Recipes

**Date**

04/01/2025

default watermark