

Cauliflower and broccoli stuffed flatbreads with cucumber yogurt

For the flatbreads

- 150 gms wholemeal bread flour
- 150 gms plain flour
- ½ tsp salt
- 150 ml water

For the filling

- 300 gms cauliflower rice
- 100 gms broccoli rice
- 1 tbsp chopped coriander
- 1 tsp garam masala

- 1 tsp carom seeds
- ¾ tsp salt
- ½ tsp chilli powder

For the cucumber yogurt

- 6 tbsp natural yogurt
- 3 inch piece of cucumber, cut into tiny cubes
- ¼ tsp salt
- ¼ tsp ground cumin
- Sunflower oil or ghee for cooking

Make flatbread dough

1. Mix the flours, salt and oil in a bowl.
2. Slowly add the water to this bringing it together into a soft dough.
3. Place the dough on a lightly oiled surface and knead for 2 minutes until smooth.
4. Put the dough in a lighted oiled bowl, cover with cling film and leave to rest for 15 minutes.

Make fillings

1. Meanwhile prepare the filling. Mix all the filling ingredients in a bowl and combine it well. Leave it aside.
2. In another bowl mix the yogurt, cucumber, salt and cumin and combine well. Cover with cling film and leave it in the fridge to chill until ready to eat.

Cook flatbreads

1. Heat a flat frying pan or a skillet.
2. Divide the dough into 10 portions.
3. Take one portion at a time and roll it into 10 cm circle.
4. Spoon 3 tbsp of the cauliflower mixture onto the centre of the circle.
5. Gather the sides together and seal the cauliflower inside. Press down gently and roll again to 15-18 cm round circle.
6. Place it on the hot skillet and cook it for 1-2 minutes until beginning to turn golden, cook on both sides.
7. Pour ½ tsp of oil on each side and cook until crispy and golden. Serve it hot with the cool cucumber yogurt.