

Doubles

Serves: 4

Prep time: 1 hour 15 minutes

Cook time: 30 minutes



1 serve per portion

Flatbread:

1/3 cup warm water

1 teaspoon active dry yeast

2 cups plain flour

1 teaspoon ground cumin

1 teaspoon curry powder *OR* turmeric

1/2 teaspoon ground black pepper

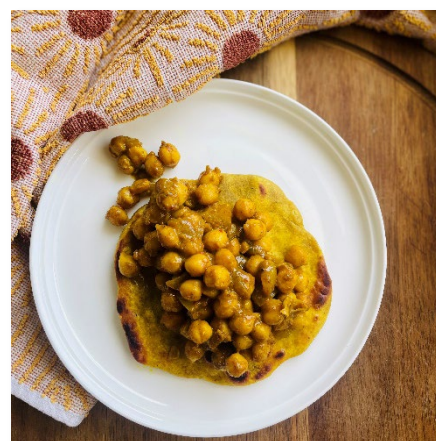
1 tablespoon olive oil

Chickpea filling:

1 tablespoon olive oil

1 medium onion, finely chopped

3 garlic cloves, finely chopped



Everyday Food

1 tablespoon curry powder

400g can chickpeas, drained and rinsed

2 teaspoons ground cumin

1/2 teaspoon ground black pepper

1/2 teaspoon red pepper flakes (*optional*)

1/2 cup water

Method

Flatbread:

MIX water and yeast. Set aside for about 5 minutes, until foamy.

COMBINE flour, cumin, curry powder and pepper.

ADD yeast mixture to the flour mixture and stir to combine. Add more water if needed to form a slightly firm dough.

COVER dough with a damp cloth and let it rise in a warm place for 60 to 90 minutes, until doubled in volume.

PUNCH down on the dough and then let it rest again for 10 minutes.

RUB water or olive oil on your hands to handle the dough.

CUT dough into 8 pieces. Roll each piece into a ball and flatten into thin circles.

HEAT one tablespoon of olive oil in a large skillet.

FRY the flatbread for 60 seconds on each side, until puffed and golden.

REPEAT this process for each flatbread.

Chickpea filling:

WARM one tablespoon of olive oil in a large skillet over medium heat.

SAUTE onion, garlic, and curry powder for about 5 minutes, until softened and fragrant.

ADD chickpeas and stir to coat with the spice mixture. Cook while stirring for about 5 minutes.

STIR in cumin, pepper, and ½ cup of water.

SIMMER on reduced heat for about 30 minutes or until the chickpeas are very soft.

ADD more water as needed to form a medium-thick sauce.

ADD red pepper flakes and stir to combine (*optional*).

SERVE two flatbread on a plate with chickpea mixture on top of each. Top with additional condiments as desired.

Recipe courtesy of the Country Kitchens 2023 Country of Study Recipe Collection - Trinidad and Tobago

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