

Season: Year round
From the garden: Broccoli
Type: Snack
Difficulty: Medium
Serves: 2 frypan sized flatbreads or 32 small tastes
Source: www.revive.co.nz

Equipment

- Chef's knife
- Clean tea towel
- Medium sized mixing bowl
- Medium frying pan (non-stick is good)
- Fish slice
- Measuring cups and spoons
- Chopping board
- Large spoon for stirring
- Serving platter

Ingredients

- ½ cup fine chickpea or mung bean flour (or substitute ¼ cup plain flour)
 - ½ cup water
 - ½ teaspoon salt
 - 1 teaspoon vegetable or olive oil
 - ¾ cup raw broccoli finely chopped (about 1 small head or 2-3 florets from a larger head)
 - 1 teaspoon poppy seeds
 - Oil for frying
 - Dip for serving
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How to make it

1. Wash broccoli and allow to dry on a clean tea towel.
2. Remove broccoli florets from head by gently breaking where they join base of stalk. Chop finely with chef's knife and place in measuring cup until ¾ full. Save remainder of broccoli for another recipe.
3. Combine flour, salt, poppy seeds then gradually add in water until you have a smooth batter. Gently stir in the broccoli until evenly mixed through.
4. Heat a non-stick frying pan with a little oil. Pour in about half of the mixture and swirl the pan round so it is evenly coated if making big flatbreads. **Caution – hot! Ask an adult to help you with this.**
5. Cook first side of flatbread for around 1 minute.
6. Carefully flip over using the fish slice and cook the other side for another minute until cooked and golden. **Caution – hot! Ask an adult to help you with this.**
7. Tip onto chopping board or plate and repeat the process to cook second flatbread.
8. Allow to cool slightly cut into wedges and arrange on serving platter. Serve with a dip such as Tomato Salsa, Hummus or Herby Yoghurt Dip on the GTT Website. This recipe is also good with soup.

Notes:

- Chickpea or mung bean flour can be found in gluten free and international aisle at most supermarkets. They can also be sourced from health shops, Asian and Indian grocers.
- If substituting plain flour for chickpea or mung bean flour start with ½ the quantity and add extra if too runny.
- Flatbread can also be cooked as smaller pikelet sized breads.

Skills:

👉 Cutting, mixing, folding, **frying***

* Frying: to cook food in oil or butter, can be shallow or in a pan or deep in a pot or deep fryer