



ROYAL  
VOLUNTARY  
SERVICE

# MOROCCAN FLATBREAD

*by Nadia Terry*

**SERVES 2**

## Ingredients

- 150g plain flour
- 100g fine semolina or wholemeal flour
- 75g of butter
- 50ml of veg oil
- 100ml lukewarm water
- Salt
- 1 medium onion
- 1 pepper (any colour)
- 1 handful mushrooms,
- 2 garlic cloves
- ½ tsp cumin
- ½ tsp turmeric
- ½ tsp paprika
- chilli (optional)



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## Method

- 1. Mix flour, salt and water to form a dough. Knead until smooth.**
- 2. Divide into balls and brush with oil and butter.**
- 3. Flatten balls into circles, fold and brush with oil and butter, and sprinkle with semolina.**
- 4. Add 2 tbsp stuffing to the dough and fold into a square.**
- 5. For layers, wrap a stuffed square with another flattened dough ball and fold.**
- 6. Cook in a hot frying pan.**

## Alternative / Easy Method

- 1. Cut puff pastry into 8 squares, fill with stuffing, fold, and secure with an olive**
- 2. Brush with egg wash, sprinkle with seeds**
- 3. Cook in air-fryer at 190 degrees for 10-15 mins**



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## OUR THANKS TO NADIA TERRY FOR THIS GUIDE.

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