



Grilled flat bread with guacamole, herbs, olives and feta

Ingredients

Serves 4

For the flatbread

- 500 g flour
- 1 tsp salt
- 350 ml lukewarm water
- 7 g dry yeast

For the guacamole

- 2 ripe, soft avocados
- 1 lime
- 1 tbsp of olive oil
- salt, pepper

For the toppings

- 80 g olives
- 80 g radish
- 100 g feta
- 2 spring onions
- 10 g chives
- 10 g parsley

Preparation

For the flat bread, mix flour, yeast and salt, add water and mix with the dough hooks of a hand mixer to a smooth dough. Cover the bowl and let the dough rise at room temperature for 30 minutes.

Dust work surface with flour, knead dough with floured hands for 2-3 minutes and roll into a smooth ball. Cut the ball into quarters or eighths as desired and roll out each piece flat (approx. 0.5- 1 cm).

Preheat the grill (approx. 150-180 °C) and grill the flat bread on both sides for 3-4 minutes each.

Squeeze lime for the guacamole. Cut the avocados in half, remove the seeds and take them out of their skin with a spoon. Place them in a bowl with lime juice and olive oil and crush them with a fork to a fine cream. Alternatively use a hand blender. Season with salt and pepper.

Cut spring onions into fine rings. Cut radishes in thin slices. Break or cut feta into small pieces. Finely chop chives and parsley. Spread flat bread with guacamole and top with spring onions, olives, feta, radishes and herbs.

Preparation time: 60 minutes

Nutritions per serving:

810.6 kcal / 3392.2 kj

93,4 g of carbohydrates

20,3 g protein

36,3 g fat