



# Sweet potato flatbread

**Difficulty:** Easy

**Type:** Side dish

**Allergy advice:** Gluten

**Cuisine:**

**Serves:** 15-20

**From the garden:** Sweet potato

**Season:** Autumn/Winter

**Source:** Foster park Primary

Equipment	Ingredients
<ul style="list-style-type: none"><li>• <b>Metric measuring cups and spoons</b></li><li>• <b>Chopping boards and mats</b></li><li>• <b>Cooks knives</b></li><li>• <b>Baking dish, lined with baking paper</b></li><li>• <b>Bowls- 1 medium, 1 large</b></li><li>• <b>Potato masher</b></li><li>• <b>Mixing spoon</b></li><li>• <b>Rolling pins</b></li><li>• <b>2 Heavy based frying pans</b></li><li>• <b>Spatula</b></li><li>• <b>Tongs</b></li><li>• <b>X 2 Clean plates and tea towels</b></li></ul>	<ul style="list-style-type: none"><li>• <b>800 grams sweet potato, pierced with a fork and placed into a baking dish lined with baking paper</b></li><li>• <b>1 1/2 teaspoons salt</b></li><li>• <b>5 Tablespoons olive oil</b></li><li>• <b>750 grams plain flour, plus a little extra for dusting</b></li><li>• <b>A little water for the dough, if required</b></li></ul>

## What to do:

1. Pre-heat the oven to 200 degrees Celsius.
2. Gather and prepare all of the ingredients as per the instructions in the ingredients list.
3. Place the sweet potatoes into the pre-heated oven bake for around 45 minutes or until soft. Remove then set aside to cool.
4. Take the pre-cooked sweet potatoes, remove the skins and place into the medium sized mixing bowl and mash until smooth. Mix through the salt and the olive oil.
5. Place the flour into the large bowl, add the sweet potato mixture and mix together. If the dough is too crumbly and wont combine, add 1 tablespoon of water at a time and mix until the dough combines without sticking to your hands.
6. Sprinkle a little flour onto your clean workbench, turn out the dough and knead till smooth and elastic.
7. Roll and shape the dough into a log and divide into about 20 pieces, roughly the size of a golf ball.
8. Flatten each piece with your hands, then roll out thinly using a rolling pin to about 12-15 cm in diameter.
9. Place the flat breads into hot dry pans and cook for around 2 minutes on each side, till cooked and golden. Transfer the cooked breads onto the plate, lined with a clean towel, covering while cooking the others. Enjoy!

