
CRISPY BUCKWHEAT BREAKFAST FLATBREADS



GF, RSF



30 mins



Makes 8 flatbreads



Ingredients

Flatbreads

- 2 cups light buckwheat flour
- 1 tsp gluten free baking powder
- 1½ cups very thick greek yoghurt
- 1 tbs water
- 2 tbs olive oil

Toppings

- 8 eggs, fried or poached
- 100g goats cheese
- 2 avocados, sliced thickly
- 1 punet fresh cherry tomatoes, sliced in half
- A few handfuls fresh rocket
- Small bunch fresh basil
- Chili aioli
- Chili flakes
- Flaked sea salt
- Extra virgin olive oil



Method

1. Mix the buckwheat flour, baking powder, yogurt, water and olive oil in a large bowl until well combined.
2. Knead until a soft dough forms.
3. Divide the dough into 8 portions and form into balls.
4. Roll the dough balls into rounds and then flatten to about ½ cm thick (I like to roll them between two pieces of baking paper as the dough is quite sticky).
5. Place the rolled out dough onto a paper lined baking tray, then drizzle with olive oil and sprinkle with flaked sea salt.
6. Cook the flatbreads for about 15 minutes at 200 degrees celsius until crisp and golden brown.
7. Remove from the oven and set aside to cool slightly.
8. While they are still warm, spread each flatbread with a little goat's cheese, top with a fried egg, a few cherry tomatoes, a few slices of avocado, a small handful of rocket, a spoonful of chili aioli, a few basil leaves, a pinch of chilli flakes, a drizzle of olive oil and a sprinkling of flaked sea salt. Enjoy!

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