Bread & baking / Ireland

Stuffed flatbread with carrot and cauliflower · Ireland

Soft pan-cooked bread with a cooked vegetable filling, inspired by Ireland flavours.

Time 45 min **Servings** 4

What you'll need.

- ☐ 300 g plain wheat flour
- ☐ 180 ml water
- ☐ 30 ml neutral cooking oil
- ☐ 200 g carrot
- ☐ 150 g cauliflower
- ☐ 15 g wholegrain mustard
- ☐ 10 g fresh parsley
- ☐ 10 ml apple cider vinegar
- ☐ salt and pepper to taste

Let's make it.

01 Mix the flour with the water and half the oil. Knead into a supple dough, cover and rest for twenty minutes.

02 Finely chop the vegetables and cook completely. Drain well and mix with the listed flavourings.

03 Divide the dough into small, equal pieces, roll thinly and add filling to each. Fold closed and flatten gently.

04 Brush lightly with the remaining oil. Cook over moderate heat on both sides until the dough is cooked through.

05 Check the filling is piping hot and the bread has no sticky raw dough. Serve straight away.

AI-developed, not kitchen-tested.

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