

Flatbread with pulled chicken

10 flatbreads

Ingredients

FLATBREAD

- **350 g** self-raising flour, plus extra for dusting
- **300 ml** low-fat yoghurt
- **1 tsp** salt
- **1 tsp** baking powder
- **1 tbsp** turmeric
- **1 tbsp** cumin seeds
- **100 ml** sunflower oil
- **2 cloves** garlic

PULLED CHICKEN

- **800 g** cooked chicken breast
- **2** large onions
- **1** red chilli
- **2 tbsp** mango chutney
- **2 tbsp** sweet chilli sauce
- **1 tbsp** ketjap manis (sweet soy sauce)

SAUCE

- **8 tbsp** crème fraîche
- **8 tbsp** mayonnaise
- zest and juice of **1** lime
- salt and pepper

TO SERVE

- salad leaves of your choice

Method

FLATBREAD

1. Mix the flour, yoghurt, salt, baking powder, turmeric and cumin seeds into a dough and divide it into 10 pieces.
2. Roll each piece into a circle 0.5 cm thick. Dust the work surface with a little extra flour.
3. Heat a griddle pan. Crush the garlic into the sunflower oil and brush the dough circles with some of the garlic oil.
4. Cook the flatbreads briefly on both sides until they puff up, are cooked through and have griddle marks.

PULLED CHICKEN

5. Pull the chicken into thin strips. Cut the onions into thick strips and finely chop the chilli.
6. Fry the onions in the rest of the garlic oil until golden brown.
7. Add the chicken and fry over a high heat. Stir in the mango chutney, sweet chilli sauce, chilli and ketjap.

SAUCE AND SERVING

8. Mix the mayonnaise with the crème fraîche and lime zest. Season with salt, pepper and lime juice.
9. Serve the pulled chicken in or on the flatbread with some salad leaves and a spoonful of sauce.

EQUIPMENT

Bowl, rolling pin, griddle pan, garlic press, pastry brush, frying pan, knife, chopping board, zester