FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Chorizo and Ham Filled Flat Bread



Serves	Prep Time	Cooking	Total Time	Calories
1 person				**409 kcal**

Stuff that's in it:

• 250G Flour Plain

• 250G Natural Yoghurt

• 1 Tsp Baking Powder

What you do:

Mix up into a ball, kneed gently for a minute and roll into a sausage and split into 4.

Using a rolling pin and extra flour roll out each one into a thin flatbread , place on a hot plate/pan/griddle 1 minute each side.

Chorizo, ham and double leerdamner cheese with spinach and tomato, just fill the flat bread, fold, add a cocktail stick to keep the fold together and bake for 5 minutes until golden and melting!!

Nutrition

• Protein: 33g

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