



SOCCA CHICKPEA FLATBREAD

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

Makes 1 large flatbread

Serves 6-8

- 150g gram flour (chickpea flour)
- 150g water
- 3 tablespoon extra virgin olive oil
- Extra olive oil for the pan
- Extras:
 - Ground cumin
 - Sweet smoked paprika

Fresh rosemary

METHOD

- In a medium bowl add the flour, water, olive oil and spice if using and mix well.
 - Cover and leave to rest for minimum 30mins, up to 2 hours.
- When ready for cooking, preheat the oven to 220-240°C.
- Heat a cast iron pan in the pre-heated oven for 5 minutes.
 - Add 1 tablespoon of olive oil and swirl around the hot pan.
- Add the batter and sprinkle with rosemary.
- Cook the socca for about 7-10 minutes. It is ready when you can see crispy edges and a slightly blistered/broken surface in the centre. The inside should still be moist.

PREP TIME

Prep time: 5mins

Setting time : 30mins-2hours

Cooking time: 10mins

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