



Greek frybread with feta cheese

15'

Hands on

60''

Hands off

60'

Cook Time

10

Portion(s)

1

Difficulty



Method

- In a **bow**l, combine the flour, vinegar, yeast, olive oil, salt, pepper and water.
- Knead with your **hands** until you create a soft, elastic dough. If you don't want to get your hands dirty, use a mixer. Beat all of the ingredients for 3-4 minutes on medium speed, using the whisk attachment, until you create a nice dough.
- Lightly brush a bowl with oil and add the dough. Cover with a kitchen towel and set it aside to rise for 30 minutes to 1 hour.
- In another bowl, break up the feta with a fork and add the thyme. Mix well and set aside.
- Divide the dough into 10 pieces and shape into a ball.
- Dust a working surface with flour and roll out the first ball of dough to a 18-20 cm circle.
- Add 1/10 of the filling in the center of the circle, leaving a 2 cm border all the way around.
- Lightly brush the edges of the dough with water and wrap them towards the center of the circle, creating a smaller circle.
- Repeat the same process with the remaining pieces of dough.
- Heat the sunflower oil in a **pan** over medium heat. Add the dough and fry for 2-3 minutes on each side.
- Serve plain or with honey. Sprinkle with fresh thyme and serve.

Ingredients

For dough

- 500 g all-purpose flour
- 1 tablespoon vinegar
- 8 g active dry yeast
- 2 tablespoons olive oil
- 1 teaspoon salt
- pepper
- 300 g lukewarm water

For filling

- 500 g Greek feta cheese, hard
- 2 tablespoons fresh thyme
- sunflower oil, for frying

To serve

- honey
- fresh thyme

Διατροφικός πίνακας

Nutrition information per portion

| | | | |
|---------------------------|--------------------------|-----------------------------|----------------------------|
| 357 Calories (kcal) | 17.0 Total Fat (g) | 7.8 Saturated Fat (g) | 38.0 Total Carbs (g) |
| 18% | 24% | 39% | 15% |
| 1.0 Sugars (g) | 13.0 Protein (g) | 2.0 Fibre (g) | 1.7 Sodium (g) |
| 1% | 26% | 8% | 28% |