

Savory Onion Flatbread

This delicious flatbread combines the earthiness of wheat flour with the sweetness of caramelized onions, perfect for a quick snack or as a side to your meal.


30 min

Total time

easy

Difficulty

300

kcal / serving

Ingredients

- 100g wheat flour
- 1 medium onion, thinly sliced
- 1 tbsp olive oil
- 1/4 tsp salt
- 1/4 tsp black pepper
- Water as needed

Steps

- 1 In a bowl, mix the wheat flour, salt, and black pepper.
- 2 Gradually add water to form a soft dough, knead for a few minutes, then let it rest for 15 minutes.
- 3 In a skillet, heat olive oil over medium heat, add the sliced onion, and sauté until caramelized (about 10 minutes).
- 4 Divide the dough into two balls and roll each into a thin circle.
- 5 Cook each flatbread in a hot skillet for 2-3 minutes on each side until golden brown.
- 6 Top the hot flatbreads with the caramelized onions and serve immediately.