

Beans, Rice And Everything Nice

Coriander and Onion Flat Bread



original recipe by beansriceeverythingnice.weebly.com

Ingredients

Makes 1 25-30 cm (10-12 in) flatbread

1/2 cup quinoa

1/2 cup red lentils

2 cups water divided

1 Tablespoon coriander seed

1 clove garlic

1/4 cup onion slices

1. Sort the lentils removing any small stones or grain. Using a fine mesh strainer, wash the lentils together with the quinoa until the water is clear. Add to a medium bowl and soak in 1-1/2 cups of water for 1-4 hours (or longer). After soaking, preheat the oven to 205C (400F and line a baking sheet with parchment paper, set aside.

2. Drain and rinse the lentils and quinoa. Add to a food processor or blender along with the remaining 1/2 cup water. Process until it forms a thin but coarse batter. Stop and scrape down the sides as needed. Add the coriander seeds and the garlic. Pulse until the seeds and garlic are coarsely chopped and evenly distributed throughout.
3. Pour the mixture onto the parchment-lined baking sheet. Spread out to form a round pizza shape about 25-30 cm (about 10-12 ins) wide. Evenly distribute the onion slices over the top, and gently press them into the batter.
4. Bake in the oven for 15 minutes. Remove from the oven and carefully peel the parchment paper off the crust. Flip the crust over, replace it onto the parchment paper on the baking sheet, and bake for another 10 minutes. Serve.

This flatbread is especially good with **Black Olive Hummus**.