

Veggie Curry Flatbread Wraps

1 cauliflower, broken into florets
1 aubergine, roughly chopped
1 sweet potato, cut into cubes
2 teaspoons garam masala
2 teaspoons coriander seeds
Olive oil
Salt

Flatbreads

350g self-raising flour
300g natural yoghurt
1½ teaspoons bicarbonate of soda
½ teaspoon ground coriander
½ teaspoon ground cumin
20g fresh coriander stalks, finely chopped

Raita

200g natural yoghurt
1 cucumber
20g fresh coriander leaves, finely chopped
20g fresh mint leaves, finely chopped

To serve

Mango chutney

Pre-heat the oven to 200C. Put the vegetables onto a baking tray, adding the spices. Drizzle with a little olive oil and season with salt. Put into the oven for around 40 minutes until cooked and a little charred around the edges.

For the flatbreads, put all the ingredients into a bowl with 2 tablespoons of cold water. Mix together with your hands until you have a smooth dough. Leave in the bowl to rest for 10 minutes.

To make the raita, peel the cucumber, cut in half and scoop out the seeds before finely grating. Squeeze out any excess juice and add to the yoghurt. Add the coriander and mint. Season with salt and put in the fridge.

Flour a surface and take large golf ball-sized pieces of flatbread dough and roll it out very thinly. Heat a frying pan and toast your flatbread on both sides for 3 to 4 minutes each.

Time to load up your flatbreads. Add a large spoon of raita, followed by some roasted vegetables and a dollop of chutney. Wrap it up and enjoy.