Spiced Beef and Pepper Skillet Flatbreads

4 small topped flatbreads; 2 servings · Active 50 min · Total 1 hr 5 min

Skills: Confident beginner

Ingredients

- 1 1/2 cups all-purpose flour (180 g), plus 1 tablespoon (8 g) for rolling
- 1/3 cup plus 1 tablespoon lukewarm water (95 ml), plus teaspoons if needed
- 2 teaspoons olive oil (10 ml), divided
- 1/2 teaspoon fine salt (3 g), divided
- 7 oz ground beef (200 g)
- 1 small onion, very finely diced (75 g)
- 1/2 red bell pepper, very finely diced (75 g)
- 1 tablespoon tomato paste (15 g)
- 1 teaspoon ground cumin (2 g)
- 1/2 teaspoon sweet paprika (1 g)
- 2 tablespoons water for topping (30 ml)
- 2 tablespoons chopped parsley (8 g)
- 4 small lettuce leaves, finely shredded (30 g)
- 1 tablespoon lemon juice (15 ml), to serve

Set out

Mixing bowl, Rolling pin, 10-inch (25 cm) skillet with lid, Clean bowl for cooked filling, Instant-read thermometer, Tongs for wiping the hot skillet with a lightly oiled folded paper towel

Allergens

Wheat. Check labels and substitutions.

Make it

1. Mix 180 g flour with half the salt, 1 teaspoon oil and 95 ml water. Knead for 5 minutes to a soft smooth dough, adding water by the teaspoon only if needed. Cover and rest for 15 minutes.

2. While the dough rests, heat the remaining teaspoon oil in the skillet over medium heat. Cook beef, onion and pepper for 8–10 minutes, breaking the beef up finely, until vegetables soften and the beef reaches 160°F/71°C. Stir in tomato paste, cumin, paprika and remaining salt for 1 minute. Add topping water and simmer for 2 minutes until thick. Stir in parsley and transfer to a clean bowl.

3. Wipe the skillet carefully with kitchen paper held in tongs if necessary. Divide dough into four equal pieces. Roll each on the measured dusting flour into a thin 7-inch (18 cm) round, keeping waiting pieces covered.

4. Heat the dry skillet over medium heat. Cook one round for 2–3 minutes per side until brown spots appear and there is no raw dough in the center. Reduce to medium-low, spread one-quarter of the cooked beef mixture over it, cover and heat for 1–2 minutes until hot throughout. Lift to a plate.

5. Repeat with the remaining rounds. Serve promptly in pairs, divided between two people, with shredded lettuce and lemon juice. Fold loosely to eat.

Make a clean dough space

Measure everything before the burner is on. Keep the flour bowl away from open heat and leave a stable clear place for the hot skillet lid.

A useful detail

The raw beef is cooked separately before topping the breads. This avoids relying on a thin dough round to cook a layer of raw meat from underneath.

Keep it well

Refrigerate leftover cooked topping and bread separately within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Reheat filling to 165°F/74°C before topping warmed bread. Keep lettuce cold and separate. Freeze spare cooked breads promptly for up to 1 month if you have safe freezer space.