

GARLIC SPINACH FLATBREAD WITH FETA, LEMON ZEST, AND SUNFLOWER SEEDS

This flatbread pizza is intensely garlicky, covered with frizzled spinach, toasted feta and sunflower seeds, and finished with a sprinkling of lemon zest and fresh thyme. I use the pizza dough recipe from The Kitchn (included below), I've tripled it for you. I roll the dough very thin - making 4-5 flatbreads from the tripled recipe. Adjust the recipe as needed for how many people you're feeding! The flatbreads are pretty light so four is about the right number for our family.

Pizza Dough Ingredients.

6 cups all purpose flour
4 1/2 teaspoons fine salt
3 teaspoons active dry yeast
18oz lukewarm water

Pizza Dough Directions.

Whisk together the flour and salt in a large bowl. Add the yeast to the luke warm water and allow it to dissolve. Once it's dissolved add it to the flour and mix with a wooden spoon until it forms a shaggy dough. Turn the dough out onto the counter and knead for about 5-10 minutes, until the dough is springy and tight - adding a little more flour as needed if it's too sticky.

Coat a large bowl with a little olive oil and place the dough in the bowl. Cover with plastic wrap and put it somewhere warm to rise. When the dough has doubled in size (about an hour) it is ready to use.

Ingredients.

1 cup extra virgin olive oil
6 cloves garlic, very thinly sliced
lots of fresh spinach
8 oz feta cheese, crumbled
1/4 cup sunflower seeds
zest from one lemon
a few springs of fresh thyme, roughly minced
flake salt
fresh black pepper or red pepper flakes

Directions.

Warm the olive oil in a small saucepan over low heat. Add in the garlic cloves and allow the garlic to very gently simmer in the oil for a few minutes - just until fragrant and sweet - before turning off the heat and allowing the oil to cool.

Preheat the oven to as hot as it will go 400-500°F is ideal. Line a cookie sheet with parchment paper and lightly oil it. Roll out 1/4 of your dough as thin as you can and place it on the oiled parchment paper. Spoon about 3-4 tablespoons of the garlicky oil and about 1/4 of the garlic onto the dough, spreading it evenly. Season the pizza with a little flake salt, and either black or red pepper. Top the oil with a single layer of spinach leaves, sprinkle with a couple ounces of feta, and about a tablespoon of sunflower seeds. Cook the flatbread for about 12-15 minutes, until the edges are browned, the spinach has wilted and begun to char, and the feta and sunflower seeds are toasted and golden.

Remove the pizza from the oven, drizzle it with a little more garlic oil, and sprinkle with a bit of lemon zest and fresh thyme. Repeat with the remaining ingredients. Slice and enjoy!

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