

## Grilled Herbed Flatbread with Arugula Salad

### What You'll Need

#### Flatbread

- › ¾ cup water, lukewarm
- › ½ tsp sugar
- › ½ tsp active dry yeast
- › 2 tbsp rosemary, minced
- › 2 tbsp thyme, minced
- › 3 oz semolina flour
- › ¾ oz whole wheat flour
- › ¾ oz rye flour
- › 7 oz bread flour
- › ½ tsp salt
- › 2 tbsp olive oil

#### Arugula Salad

- › 8 oz arugula
- › 1 oz fresh lemon juice
- › 1.5 oz extra virgin olive oil
- › 2 tbsp shaved chives
- › 2 tbsp fresh parsley, rough chopped
- › salt and fresh pepper, to taste
- › 1 cup Red Sun Farms tomatoes, halved
- › ½ c Kalamata olives, halved



#### Poached Egg

- › 1 egg
- › 4 cup water
- › 1 tbsp lemon juice

### Directions

#### Flatbread

1. Preheat grill.
2. Dissolve yeast and sugar in water.
3. Place yeast mixture in a stand mixture fitted with a dough hook attachment.
4. Mix flours and herbs and salt together until thoroughly combined.
5. Start mixer on medium-low speed.
6. Add ½ flour mixture to mixer.
7. Mix until combined.
8. Add other ½ flour mixture, and knead for 5 minutes.
9. Place dough in oiled bowl, cover and let double in size.
10. Punch down and form 4 ounce rounds.
11. Let rounds rest for 15 minutes.
12. Roll out with rolling pin to ¼ inch thickness.
13. Brush either side lightly with olive oil, and grill evenly on both sides until dough is completely cooked through.

#### Arugula Salad

1. In a large bowl, mix arugula, parsley, chives, olives, and tomatoes.
2. Drizzle with olive oil, lemon juice and season with salt and fresh pepper to taste.

#### Poached Egg

1. Place water and lemon juice in a shallow sauce pot.
2. Bring to 160°F.

3. Crack egg into a separate bowl.

4. Stir water to create a vortex.
5. Stop stirring and gently drop egg into the vortex.
6. Cook egg to desired doneness.
7. Season with salt and pepper, to taste.

#### Plating/Presentation

1. Place flatbread on plate.
2. Top with arugula and sprinkle with olives and tomatoes.
3. Garnish with poached egg.