# 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.