

# Grilled Herbed Flatbread with Arugula Salad



Salad doesn't always have to be eaten alone. Go against the grain, start your own trend, and top grilled flatbread with arugula salad, and a poached egg. Eat it as a pizza if you dare.

## Timing

Prep time	Total time	Skill level
		Hard

## 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.