

Zaatar Manakeesh



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Zaatar Manakeesh is a Mediterranean flatbread that's made with dough and zaatar spice. It's an easy recipe to make from scratch using very few ingredients!

Course	Breakfast
Cuisine	Middle Eastern
Diet	Vegan, Vegetarian
Prep Time	10 minutes
Cook Time	12 minutes
Resting Time	1 hour
Total Time	22 minutes
Servings	6 servings
Calories	353kcal
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Equipment

- [Mixing Bowl Set](#)
- [Measuring Cups and Spoons](#)
- [Aluminum Sheet Pans](#)

Ingredients

Dough

- 1 tablespoon [instant yeast](#)
- 1 cup warm water
- 1 teaspoon [salt](#)
- 1 teaspoon [granulated sugar](#)
- 3 cups [all-purpose flour](#) plus more for shaping
- 2 tablespoons [olive oil](#) plus more for coating bowl

Zaatar Spread

- 1/3 cup zaatar
- 1/4 cup [olive oil](#)

Instructions

Make the Dough

1. In a large bowl, activate the yeast in warm water; allow 10 minutes for it to proof.
2. Add the salt, sugar and olive oil to bowl and use a wooden spoon to mix until combined. Wait a few minutes, then add the flour into the wet ingredients and mix with a spoon until the dough becomes shaggy and you're no longer able to mix.
3. Transfer to a floured surface and knead the dough by hand to form a tight ball.

4. Place the dough back into the same oil-coated bowl. Cover with a plastic wrap or towel and set aside at room temperature to rise for 45-60 minutes.

Make the Zaatar Spread

1. Mix the zaatar with olive oil in small bowl until it forms a consistent and spreadable mixture.

Assemble and Bake

1. Preheat the oven to 450° F and line a baking sheet with parchment paper.
2. Divide the dough into 6-8 equal parts, depending on how large you'd like them. Use your fingers to spread each piece into a round flat disc, about 1/2 inch thickness.
3. Place 1-2 tablespoons of zaatar spread on each dough and use the back of the spoon to spread evenly. Place on the prepared baking sheet.
4. Bake in the preheated oven for 10-12 minutes, until the dough becomes light golden in color and puffs slightly.
5. Enjoy warm with cheese and vegetables, if desired.

Notes

Storage: Store any leftovers in an airtight container. They will last about 7-10 days in the fridge.

Freezing Instructions: You can also freeze the zaatar manakeesh after they're baked. To re-heat, thaw in the fridge overnight and then warm or toast when ready to eat. Or you can also bake them while frozen at 350°F until heated through, about 5-10 minutes.

Sourcing: You can find the zaatar spice at Middle Eastern markets, natural-foods stores or even in large supermarkets, often located with other Middle Eastern ingredients.

Substitutes: For best results, follow the recipe as is. If you have any questions about substitutes, please feel free to ask in the comments below.

** Please note the nutrition label does not include any toppings.*

Nutrition

Calories: 353kcal | Carbohydrates: 48g | Protein: 6g | Fat: 14g | Saturated Fat: 1g | Sodium: 389mg | Potassium: 73mg | Fiber: 1g | Calcium: 9mg | Iron: 3mg