

Roti

Makes: 12

Prep time: 25 mins + resting

Cook time: 25 mins



Ingredients

2 cups atta flour

1 tsp salt

2 tbsp olive oil

Methods

Step 1: Add the flour, salt and 2 teaspoons oil to a large bowl.

Step 2: Gradually add in $\frac{3}{4}$ cup warm water mixing with your hands in between each addition to bring the dough together.

Step 3: Turn the dough onto a lightly floured surface and knead until it's smooth and soft. If the dough is too hard, add 1-2 teaspoons water at a time. If the dough is too sticky, add 1 tablespoon atta flour at a time.

Step 4: Cover the dough with a damp tea towel and set aside to rest for 30 minutes.

Step 5: Turn the dough onto a lightly floured surface and knead for a further 1 minute and then divide into 12 equal portions.

Step 6: Roll each portion in between your hands to form a smooth ball with no cracks, then slightly flatten into a disc. Evenly roll out each portion to a 12cm diameter. Keep the portions covered with a damp tea towel at all times to prevent them from drying out.

Step 7: Heat a medium frying pan over medium-high heat. Cook each side of the roti for 30 seconds or until golden. Turn over once more and press down with a paper towel so it puffs up (you can also put the roti directly over a gas flame to puff it up). Lightly brush with the remaining oil, transfer to a plate and cover with a cloth. Repeat with the remaining roti. Cover cooked roti with a dry tea towel until ready to serve.

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