Dinner, Indian

Cabbage and Onion Whole Wheat Rotis

Soft whole wheat rotis dotted with crunchy cabbage, onion, garlic and green chillies, cooked on a griddle until golden brown. Everyday pantry staples come together quickly for a flavourful flatbread.



Vegetarian

25 min	90	16.5 g	0.4 g
time	calories	carbs	sugars

Ingredients, 6 servings

- [ ] 1/4 cup finely chopped cabbage
- [ ] 1/4 cup finely chopped onion
- [ ] 1 cup whole wheat flour (gehun ka atta)
- [ ] 1 tsp finely chopped garlic (lehsun)
- [ ] 1/2 tsp finely chopped green chillies
- [ ] 1/4 tsp salt (namak)
- [ ] whole wheat flour (gehun ka atta) for rolling
- [ ] 1 1/2 tsp oil for cooking

Method

- [ ] **1** Put the finely chopped cabbage, finely chopped onion, whole wheat flour, finely chopped garlic, finely chopped green chillies and salt into a deep bowl, and knead with enough water into a semi-soft dough.
- [ ] **2** Divide the dough into 6 equal portions.
- [ ] **3** Roll one portion into a 150 mm. (6") diameter circle, using a little whole wheat flour for rolling.
- [ ] **4** Heat a non-stick tava (griddle) and cook the roti on a medium flame with 1/4 tsp of oil until both sides turn golden brown.
- [ ] **5** Repeat the rolling and cooking with the remaining portions to make 5 more rotis, using the oil a little at a time.
- [ ] **6** Serve immediately.

Nutrition Facts

Per serving

Calories	**90**
Total fat	1.8 g
Saturated fat	Not listed
Sodium	134 mg
Total carbs	16.5 g
Fiber	2.8 g
Total sugars	0.4 g
Protein	2.8 g

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