Dinner, Indian

Cauliflower and Fenugreek Jowar Flatbreads

Soft jowar flatbreads flecked with grated cauliflower, fenugreek leaves and fresh coriander, griddle cooked until brown spots appear on both sides. A squeeze of lemon at the end brightens up every bite.



Vegetarian

35 min	55	9.1 g	0.2 g
time	calories	carbs	sugars

Ingredients, 8 servings

- [ ] 3/4 cup jowar atta (jowar flour)
- [ ] 1/4 cup whole wheat flour (gehun ka atta)
- [ ] 1/4 cup finely chopped fenugreek leaves (methi)
- [ ] 1/4 cup chopped coriander (dhania)
- [ ] 1/4 cup grated cauliflower
- [ ] 2 tsp finely chopped green chillies
- [ ] salt (namak) to taste
- [ ] jowar atta (jowar flour) for rolling
- [ ] 2 tsp oil for cooking
- [ ] lemon

Method

- [ ] 1 Put the jowar atta (jowar flour), whole wheat flour (gehun ka atta), fenugreek leaves (methi), chopped coriander (dhania), grated cauliflower, finely chopped green chillies and salt (namak) into a mixing bowl.
- [ ] 2 Work in enough water and knead the mixture into a soft dough.
- [ ] 3 Split the dough into 8 equal portions.
- [ ] 4 Flatten each portion into a 75 mm (3 inch) circle, dusting with jowar atta (jowar flour) for rolling as needed.
- [ ] 5 Warm a non-stick tava (griddle) and cook each roti with 1/4 tsp of oil for cooking until brown spots show up on both sides.
- [ ] 6 Repeat with the remaining portions to make 7 more rotis.
- [ ] 7 Serve the rotis hot with a squeeze of lemon.

Nutrition Facts

Per serving

Calories	**55**
Total fat	1.5 g
Saturated fat	Not listed
Sodium	3 mg
Total carbs	9.1 g
Fiber	1.4 g
Total sugars	0.2 g
Protein	1.4 g

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