Dinner, Indian

Crisp Oven Baked Buckwheat Puri

Thin buckwheat puris seasoned with nigella seeds, green chilli paste and a touch of salt, baked in the oven until crisp.

35 min	12	2.1 g	0.2 g
time	calories	carbs	sugars



Nut free

Ingredients, 12 servings

- [ ] 1/2 cup buckwheat (kuttu or kutti no daro) flour
- [ ] 1/2 tsp olive oil
- [ ] 1/2 tsp nigella seeds (kalonji)
- [ ] 1/2 tsp green chilli paste
- [ ] 1/4 tsp salt (namak)
- [ ] 1/2 tsp olive oil for greasing
- [ ] buckwheat (kuttu or kutti no daro) flour for rolling

Method

- [ ] **1** Tip the buckwheat (kuttu or kutti no daro) flour, olive oil, nigella seeds (kalonji), green chilli paste and salt (namak) into a deep bowl and knead with enough water into a stiff dough.
- [ ] **2** Split the dough into 20 equal portions.
- [ ] **3** Roll each portion into a 50 mm (2 inch) circle, dusting with only a little of the buckwheat flour kept for rolling.
- [ ] **4** Set the circles on a baking tray greased with the 1/2 tsp olive oil kept for greasing, then prick each puri in several evenly spaced spots with a fork.
- [ ] **5** Bake in a preheated oven at 200°C (360°F) for 15 minutes.
- [ ] **6** Let the puris cool slightly, then serve, or keep them in an airtight container and use as needed.

Nutrition Facts

Per serving

Calories	**12**
Total fat	0.3 g
Saturated fat	Not listed
Sodium	39 mg
Total carbs	2.1 g
Fiber	0.3 g
Total sugars	0.2 g
Protein	0.4 g

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