Breakfast, Indian

Crispy Mini Oat Bhakri Pizzas

Crisp little flatbreads made with oats and whole wheat flour stand in for the usual pizza base, spread with a homemade tomato sauce and a colourful vegetable topping, then baked until hot.



Vegetarian

45 min	92	16 g	4.6 g
time	calories	carbs	sugars

Ingredients, 8 servings

- [ ] 6 large tomato
- [ ] 1 tsp olive oil
- [ ] 1 tsp finely chopped garlic (lehsun)
- [ ] 1/2 cup finely chopped onion
- [ ] 1/2 tsp dried oregano
- [ ] 1 tsp dry red chilli flakes (paprika)
- [ ] 1/2 tbsp tomato ketchup
- [ ] 1 tsp red chilli powder
- [ ] salt (namak) to taste
- [ ] 3/4 cup whole wheat flour (gehun ka atta)
- [ ] 1/2 cup quick cooking oats
- [ ] 1 tsp oil
- [ ] salt (namak) to taste
- [ ] 3/4 cup finely chopped coloured capsicum
- [ ] 1/2 cup blanched broccoli florets
- [ ] 1/2 tsp dried oregano
- [ ] 1/2 tsp dry red chilli flakes (paprika)
- [ ] salt (namak) to taste

Nutrition Facts

Per serving

Calories	92
Total fat	2 g
Saturated fat	Not listed
Sodium	21 mg
Total carbs	16 g
Fiber	3.4 g
Total sugars	4.6 g
Protein	3.3 g

Method

- [ ] 1 Put the whole wheat flour, quick cooking oats, oil and salt in a deep bowl and knead into a stiff dough using enough water.
- [ ] 2 Divide the dough into 8 equal portions.
- [ ] 3 Roll out one portion into a circle about 87 mm (3½ inch) across.
- [ ] 4 Heat a non-stick tava and cook the bhakri over a slow flame until pink spots appear on both sides.
- [ ] 5 Keep cooking it on a slow flame, pressing with a folded muslin cloth or a khakhra press, until it turns crisp and brown on both sides, then set it aside and repeat with the remaining portions.
- [ ] 6 Score a criss-cross on the base of the tomatoes and place them in boiling water for 2-3 minutes, until the skin starts to peel.
- [ ] 7 Drain the tomatoes, cool them slightly, then peel, deseed and roughly chop them and blend into a smooth pulp. Set aside.
- [ ] 8 Heat the olive oil in a broad non-stick pan, add the garlic and saute over a medium flame for a few seconds.
- [ ] 9 Add the onion and saute over a medium flame for 1-2 minutes.
- [ ] 10 Stir in the tomato pulp, dried oregano, dry red chilli flakes, tomato ketchup, red chilli powder and salt, mix well and cook over a medium flame for 2-3 minutes, stirring occasionally. Set the pizza sauce aside.

diabic.com/recipes

Scan to open this recipe and its shopping list

- [ ] **11** Toss the coloured capsicum, blanched broccoli florets, dried oregano, dry red chilli flakes and salt together in a bowl, then divide the topping into 8 equal portions.
- [ ] **12** Just before serving, place a bhakri on a clean, dry surface, spread about 1 1/2 tbsp of the pizza sauce evenly over it and top with one portion of the topping.
- [ ] **13** Repeat with the remaining bhakris, sauce and topping to make 8 pizzas in all.
- [ ] **14** Bake in a pre-heated oven at 200°C (400°F) for 15 minutes.
- [ ] **15** Serve the pizzas immediately.