Dinner, Indian

# Fresh Mint Whole Wheat Rotis

Soft whole wheat flatbreads kneaded with roasted mint leaves, green chilli paste and ghee, then cooked on a tava until golden brown. They make a fragrant change from plain rotis and go well with dal, curd or a spiced vegetable dish.



Nut free | Low fat

| 25 min | 119 | 19 g | 0.1 g |
|---|---|---|---|
| time | calories | carbs | sugars |

## Ingredients, 10 servings

- [ ] 2 cups mint leaves (pudina)
- [ ] 2 cups whole wheat flour (gehun ka atta)
- [ ] 1 tbsp ghee
- [ ] 1 tsp green chilli paste
- [ ] salt (namak) to taste
- [ ] whole wheat flour (gehun ka atta) for rolling
- [ ] 3 tsp ghee for cooking

## Method

- [ ] **1** Begin by spreading the 2 cups mint leaves (pudina) over a hot nonstick tava and dry roasting them until they crisp up, then rub them gently between your fingers so they break into small pieces.
- [ ] **2** Tip the crushed mint leaves into a mixing bowl along with the 2 cups whole wheat flour (gehun ka atta), 1 tbsp ghee, 1 tsp green chilli paste and salt (namak) to taste. Pour in enough water and knead everything together into a semi soft dough.
- [ ] **3** Cut the dough into 10 equal portions, then roll each portion out, dusting it with the whole wheat flour (gehun ka atta) for rolling, until it forms a circle of 150 mm. (6") diameter.
- [ ] **4** Set a nonstick tava over the heat and, once it is hot, cook the rotis one by one, spooning a little of the 3 tsp ghee for cooking over each, until both sides take on a golden brown colour.
- [ ] **5** Lift the rotis off the tava and serve them hot.

## Nutrition Facts

Per serving

| | |
|---|---|
| **Calories** | **119** |
| **Total fat** | 3.3 g |
| Saturated fat | Not listed |
| **Sodium** | 6 mg |
| **Total carbs** | 19 g |
| Fiber | 3.1 g |
| Total sugars | 0.1 g |
| **Protein** | 3.3 g |

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