Dinner, Indian

Rustic Millet Flatbreads with Spring Onion and Carrot

Soft, earthy millet flatbreads flecked with spring onions, carrot and curd, cooked on a griddle and finished over an open flame. Best served hot, brushed with butter straight from the pan.



Low fat

35 min	71	14 g	0.9 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1/2 cup ragi (nachni , red millet) flour
- [ ] 1 1/2 tbsp finely chopped spring onions whites
- [ ] 1 1/2 tbsp finely chopped spring onion greens
- [ ] 1/4 cup grated carrot
- [ ] 1 1/2 tbsp dahi (curd)
- [ ] 1/2 tsp green chilli paste
- [ ] salt (namak) to taste
- [ ] 1/4 tsp oil
- [ ] ragi (nachni , red millet) flour for rolling
- [ ] 2 tsp butter for brushing

Method

- [ ] **1** Tip the ragi (nachni, red millet) flour into a mixing bowl along with the finely chopped spring onions whites, finely chopped spring onion greens, grated carrot, dahi (curd), green chilli paste, salt to taste and the 1/4 tsp oil. Add enough water and knead everything into a soft, smooth dough, then let it rest for 10 minutes.
- [ ] **2** Work the dough again, kneading in the oil until smooth, then split it into 4 equal portions.
- [ ] **3** Take one portion and roll it into a circle of 125 mm (5 inch) diameter, dusting with a little ragi (nachni, red millet) flour for rolling so it does not stick.
- [ ] **4** Place the rolled dough on a hot tava (griddle) and cook over a slow flame until pale brown spots show up on both the sides.
- [ ] **5** Pick the roti up with a pair of flat tongs and roast it directly over an open flame until both the sides pick up brown spots.
- [ ] **6** Continue in the same way with the remaining portions to make 3 more ragi roti. Brush 1/2 tsp of the butter for brushing over each hot ragi roti and serve right away.
- [ ] **7** If you fancy something different, the very same ingredients can be turned into crisp dosas.
- [ ] **8** For that version, stir 2 tbsp of rice flour and enough water into the mixture to get a batter of pouring consistency, then cook it in the same manner as for dosas.

Nutrition Facts

Per serving

Calories	**71**
Total fat	0.9 g
Saturated fat	Not listed
Sodium	5 mg
Total carbs	14 g
Fiber	2.4 g
Total sugars	0.9 g
Protein	1.7 g

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