Dinner, Indian

Savory Jowar Flatbreads with Spiced Onion Topping

Soft jowar and ragi flatbreads are rolled thin, pressed with a lively mix of onion, tomato, ginger, garlic and chillies, then griddle cooked until golden and crisp. Serve them hot straight from the tava.



Vegetarian | Nut free

27 min	123	21.2 g	0.8 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 3/4 cup jowar atta (jowar flour)
- [ ] 1/4 cup ragi (nachni , red millet) flour
- [ ] 1/8 tsp salt (namak)
- [ ] a pinch of haldi powder (turmeric powder)
- [ ] 1/2 tsp red chilli powder
- [ ] 2 tsp coriander-cumin seeds (dhania-jeera) powder
- [ ] 2 tsp ghee for cooking
- [ ] 1/4 cup finely chopped onion
- [ ] 1/4 cup finely chopped tomato
- [ ] 1 tsp finely chopped ginger (adrak)
- [ ] 1 tsp finely chopped garlic (lehsun)
- [ ] 1 tsp finely chopped green chillies
- [ ] 1 tbsp finely chopped coriander (dhania)

Nutrition Facts

Per serving

Calories	**123**
Total fat	3 g
Saturated fat	Not listed
Sodium	101 mg
Total carbs	21.2 g
Fiber	3 g
Total sugars	0.8 g
Protein	2.8 g

Method

- [ ] **1** Stir together the finely chopped onion, finely chopped tomato, finely chopped ginger (adrak), finely chopped garlic (lehsun), finely chopped green chillies and finely chopped coriander (dhania) to make the topping, then divide it into 4 equal portions.
- [ ] **2** Tip the jowar atta (jowar flour), ragi (nachni , red millet) flour, salt (namak), haldi powder (turmeric powder), red chilli powder and coriander-cumin seeds (dhania-jeera) powder into a deep bowl, and knead with 1/2 cup of water until you have a soft dough.
- [ ] **3** Split the dough into 4 equal portions and roll each one out into a 4 inch diameter round.
- [ ] **4** Set a portion of the onion topping on each rolled round and press it down gently.
- [ ] **5** Place a non-stick tava over the heat and cook each flatbread on a medium flame, spreading 1/2 tsp of the ghee for cooking on both the sides of each one so the full 2 tsp are used.
- [ ] **6** Serve the flatbreads hot off the tava.

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