Dinner, Indian

Soft Bottle Gourd Thepla Flatbreads

Grated bottle gourd, curd and sesame seeds are kneaded into a gently spiced whole wheat dough, then rolled thin and roasted until golden. These soft Gujarati flatbreads work for everyday meals and hold up well for travel.



40 min	75	10.4 g	1 g
time	calories	carbs	sugars

Low fat

Ingredients, 12 servings

- [ ] 1 1/2 cups whole wheat flour (gehun ka atta)
- [ ] 1/2 cup finely grated bottle gourd (doodhi / lauki)
- [ ] 1/4 cup finely chopped coriander (dhania)
- [ ] 1/4 cup dahi (curd)
- [ ] 1 tbsp garlic-ginger-green chilli paste
- [ ] 1 tbsp sesame seeds (til)
- [ ] 1/4 tsp haldi powder (turmeric powder)
- [ ] 1/2 tsp red chilli powder
- [ ] 1 tsp coriander-cumin seeds (dhania-jeera) powder
- [ ] 1/2 tbsp sugar
- [ ] 1 tbsp oil
- [ ] salt (namak) to taste, restricted salt for health
- [ ] whole wheat flour (gehun ka atta) for rolling
- [ ] 4 tsp oil for cooking

Nutrition Facts

Per serving

Calories	**75**
Total fat	3.1 g
Saturated fat	Not listed
Sodium	4 mg
Total carbs	10.4 g
Fiber	1.7 g
Total sugars	1 g
Protein	1.9 g

Method

- [ ] 1 Tip the whole wheat flour, grated bottle gourd, chopped coriander, dahi, garlic-ginger-green chilli paste, sesame seeds, haldi powder, red chilli powder, coriander-cumin seeds powder, sugar, the 1 tbsp oil and salt into a deep bowl and add 1/4 cup water.
- [ ] 2 Knead everything together until you have a soft dough, then divide it into 15 equal portions.
- [ ] 3 Roll each portion into a thin 150 mm (6 inch) diameter circle, using a little whole wheat flour for rolling.
- [ ] 4 Heat a non-stick tava (griddle) and cook each thepla with 1/4 tsp of the oil for cooking until golden brown spots appear on both sides.
- [ ] 5 Serve the theplas hot.

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