Dinner, Indian

Soft Garlic Millet Flatbreads

Rustic flatbreads made with jowar atta and bajra flour, perked up with garlic paste, green chilli paste and nutty sesame seeds. The dough is kneaded with warm water and each roti is finished with a smear of ghee.



Nut free | Low fat

25 min	86	11.7 g	0.1 g
time	calories	carbs	sugars

Ingredients, 6 servings

- [ ] 1/2 cup jowar atta (jowar flour)
- [ ] 1/2 cup bajra (black millet) flour
- [ ] 1 tsp garlic (lehsun) paste
- [ ] 1/2 tsp green chilli paste
- [ ] 1/2 tbsp sesame seeds (til)
- [ ] salt (namak) to taste, restricted salt for health
- [ ] jowar atta (jowar flour) for rolling
- [ ] 2 tsp ghee for smearing

Method

- [ ] 1 Tip the jowar atta, bajra flour, garlic paste, green chilli paste, sesame seeds and salt into a deep bowl.
- [ ] 2 Pour in enough warm water and knead everything into a soft dough.
- [ ] 3 Divide the dough into 6 equal portions.
- [ ] 4 Roll out a portion into a 150 mm (6 inch) circle, dusting it with jowar atta for rolling so it does not stick.
- [ ] 5 Heat a non-stick tava, place the rolled roti over it and cook it for a few seconds.
- [ ] 6 Turn the roti over and cook the other side for a few more seconds.
- [ ] 7 Lift the roti with a pair of flat tongs and roast it over an open flame until brown spots appear on both sides.
- [ ] 8 Roll and cook the remaining portions the same way to make 5 more rotis.
- [ ] 9 Smear the hot rotis with the 2 tsp ghee for smearing and serve them straight away.

Nutrition Facts

Per serving

Calories	86
Total fat	3.4 g
Saturated fat	Not listed
Sodium	2 mg
Total carbs	11.7 g
Fiber	1.9 g
Total sugars	0.1 g
Protein	2 g

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