Dinner, Indian

Soft Radish and Whole Wheat Rotis

Grated radish is kneaded straight into the dough with cumin, turmeric and green chilli, giving these soft whole wheat flatbreads a gentle, earthy flavour. A quick rest on a hot griddle with just a little oil finishes them off.



Low fat

30 min	90	16 g	0.4 g
time	calories	carbs	sugars

Ingredients, 6 servings

- [ ] 1/2 cup grated radish (mooli)
- [ ] 1 cup whole wheat flour (gehun ka atta)
- [ ] 1 tsp green chilli paste
- [ ] 1/4 tsp haldi powder (turmeric powder)
- [ ] 1/2 tsp cumin seeds (jeera)
- [ ] 1/2 tsp oil
- [ ] 1/8 tsp salt (namak)
- [ ] whole wheat flour (gehun ka atta) for rolling
- [ ] 1 1/2 tsp oil for cooking

Method

- [ ] **1** Put the grated radish (mooli), whole wheat flour (gehun ka atta), green chilli paste, haldi powder, cumin seeds (jeera), 1/2 tsp oil and salt (namak) into a deep bowl and knead into a soft dough with enough water.
- [ ] **2** Divide the dough into 6 equal portions.
- [ ] **3** Roll one portion into a 150 mm (6 inch) diameter circle, dusting with a little whole wheat flour (gehun ka atta) for rolling.
- [ ] **4** Heat a non-stick tava (griddle) and cook the roti with 1/4 tsp oil until it turns light brown on both sides.
- [ ] **5** Roll and cook the remaining portions the same way to make 5 more rotis, using all 1 1/2 tsp oil for cooking across the batch.
- [ ] **6** Serve the rotis hot, straight from the tava.

Nutrition Facts

Per serving

Calories	**90**
Total fat	2.1 g
Saturated fat	Not listed
Sodium	72 mg
Total carbs	16 g
Fiber	2.9 g
Total sugars	0.4 g
Protein	2.7 g

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