

# BEYOND HUNGER

## Rotli (South Asian flat bread)

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*This simple recipe comes straight to you from our Nutrition Intern's home. Rotli (in Gujarati) or Roti (in Hindi) is a commonly consumed flat bread in South Asia, with various types of curries. It's consumed either in place of or in addition to rice. This pairs well with Ashley's Egg Curry recipe!*

**Yields:** 14 Rotli (8 portions)

**Serving Size:** 2 Rotli (6 -6.5" circles)

### Ingredients:

- 2 cups + 1/2 cup **whole wheat flour**, divided
- 3/4 tsp **salt**
- 1 1/4 cup of **water** (room temperature)
- 2 tbsp **canola oil**

### Instructions:

1. Add ½ cup whole wheat flour to shallow bowl and set aside. In a large mixing bowl combine 2 cups of whole wheat flour and salt.
2. In large mixing bowl with the flour and salt, create a small well to begin pouring small amounts of water into the flour and begin kneading. Continue kneading as you mix in all of the water slowly. Once all the water is added, knead with a fist until there is no dry flour left. Your dough should become soft and will no longer stick to your hands; it will have a loose elasticity to it.
3. Once your dough is formed, add canola oil and knead thoroughly into the dough. Then cover and let rest for about 20 minutes.
4. Turn stove to low heat to heat a flat skillet pan slowly and evenly. Keep shallow bowl of reserved flour and a little extra oil close by. Begin to divide the dough into 14 small balls.
5. Roll each ball in your hand and press down flat to start your shape. Lightly coat each piece with flour before beginning to roll with a rolling pin; this will avoid any sticking to the rolling pin. Roll each piece until they are 6" circles; you can add more flour as needed during the rolling process.
6. Place one rotli onto the pan. Wait about 15 seconds and flip. Wait another 20 seconds and flip once more. At this point your rotli may start to inflate. You may gently press with a spatula to flatten, as needed. After 20 seconds, flip one last time. Remove your rotli and repeat steps 5 and 6 until all are completed.

**Per Serving:** Calories 133 kcal, Carbohydrates 21.6 g, Protein 4 g, Saturated Fat 0.4 g, Sodium 220.1 mg, Fiber 3.2 g, Sugars 0.1 g  
This recipe is by Ashley Patel, MS NDTR and Dietetic Intern