



EASY

WIGGLY PARATHAS

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METHOD

1. Combine the plain and wholemeal flours together in a bowl.
2. Add the water and mix together to form a ball of dough.
3. Knead for 5 minutes then place in a bowl and cover with cling film. Allow the dough to rest for 20 minutes.
4. Once rested divide the dough into 6 even sized balls. Roll each ball out to form a flat circle.
5. Brush one side of the circle with melted butter.
6. Heat a flat bottomed frying pan and dry cook the flat breads for a couple of minutes on both sides before serving. Great with curries!

INGREDIENTS (serves 4)



FOR THE PARATHAS

100g Plain flour

100g Wholemeal flour

150ml Cold water

Butter (or vegan alternative), melted

NUTRITION INFORMATION

per 100g

Energy	929kJ/220kcal
Fat	4.1g
of which saturates	2.2g
Carbohydrate	38g
of which sugars	0.5g
Protein	6.2g
Salt	0g