

Disclaimer

We hope the information on our website and resources is useful. However, some ingredients and/or materials used might cause allergic reactions, so if you have any concerns about your own or somebody else's health or wellbeing, always speak to a qualified health professional. Remember, activities listed within the resource should always be supervised by an appropriate adult.



Delicious Chapattis

Ingredients

140g wholemeal flour

140g plain flour

1 tsp salt

180ml hot water

Olive oil

Equipment

Large bowl

Wooden spoon

Rolling pin

Frying pan

Method

1. Stir the wholemeal flour, plain flour and salt together in a large bowl.
2. Use a wooden spoon to stir in two tablespoons of olive oil.
3. Add some water a little at a time. You need enough so that the dough is combined and elastic but not sticky.
4. Knead the dough on a floured surface for 5 to 10 minutes until it is smooth.
5. Divide the dough into 10 equal pieces and roll each piece into a ball.
6. Flatten each ball with the palm of your hand. Then, use a rolling pin to roll each ball out until it is about as thin as a tortilla wrap.
7. Pre-heat and lightly grease a frying pan with olive oil.
8. Carefully, cook each chapatti for 1 to 2 minutes on each side.
9. Enjoy your chapattis warm on their own or with some chana masala or mattar paneer!

**Makes approx.
10 chapattis.**