



Chapati

A RECIPE BY ALAN SWEETMAN

Chapati (or Roti) are leavened flatbreads that are a staple food in many parts of the world including Nepal. They can be enjoyed with all meals, either as a side dish instead of rice, or as a healthy snack with Nepali pickles.

Ingredients

- 250g of flour - I use a 50:50 mix of plain and wholemeal flour but you can use other flours such as Spelt if you have it
- 150ml - water (room temp)
- Pinch of salt
- 1 tablespoon - Vegetable oil

Directions

- Add salt and oil to flour and mix
- Slowly add the water to make a soft dough. Add a little more water or flour if sticky or too firm
- Knead for 10 minutes and rest for a further 10 minutes
- Divide the dough and form into 10 balls
- On floured surface roll into thin circles
- Cook in a frying pan or skillet (lightly brushed with oil) for 30 seconds each side

To mark 30 years since its first funded school was opened, PTN is running a 12-month campaign in 2021. '30 For 30' aims to raise £50,000 to help 30 schools improve their teaching provision and facilities for pre-primary school children aged 1-5 years old.

Find out more at www.pahar-trust.org/30For30

