



Spinach and Cheese Chapattis

MAKES: 12 Chapattis

INGREDIENTS:

- 6 leaves of spinach, stalks removed
- 1 spring onion, finely chopped
- 250g plain flour
- 250g wholemeal flour
- 2 tsp salt
- ¼ cup olive oil
- 250g cheddar cheese, grated
- 1 cup lukewarm water

METHOD:

1. Remove stems from the spinach leaves. Roll up leaf and shred as finely as you can with a big knife
2. Finely chop spring onions
3. Grate cheese
4. In bowl put:
 - a. Flour & salt
 - b. Cheese and stir to mix
 - c. Add spinach and spring onions, stir again
5. In a jug measure:
 - a. 1 cup of lukewarm water
 - b. ¼ cup of olive oil
6. Pour water and oil into the flour mix. Stir to form a stiff dough
7. Tip onto bench and knead well
8. Divide in 2. Make the 2 pieces of dough into 2 long sausages
9. Cut each sausage into 6 pieces, the size of a gold ball to yield 12 pieces
10. On a flour dusted bench, roll each on into a thin circle 16cm wide
11. Slap each chapatti onto a hot dry frypan or preheated BBQ hotplate. Cook till brown on both sides
12. Cut chapatti into half. Wrap in foil and put on tray to keep warm in low oven
13. Serve with curry or dips

