Chapati

Ingredients

140 grams of wholemeal flour

140 grams of plain flour

1 teaspoon of salt

2 tablespoons of olive oil

180 ml of hot water

Method

Mix together the dry ingredients

Add the oil and enough water to make a dough that is elastic but not sticky

Knead the dough on a counter with flour to help it not stick (10-15 minutes)

Divide your dough into 10 pieces

Roll each piece into a ball and let it rest for a few minutes

Add some oil into frying pan (on medium heat)

Roll/pat dough balls flat until they are as thin as you would like

When your frying pan is hot put in your chapati (be very careful)

Turn after 30 seconds

Your chapati will be ready when it has a few brown spots on either side

Chapati can be eaten on its own, dipped into a side dish or curry