

FENUGREEK LEAVES CHAPATHI | METHI ROTI | ROTI RECIPE



Methi Roti are simply, healthy dish for breakfast or lunch or dinner. As fenugreek Leaves are enriched with minerals like potassium, calcium and Iron. Including fenugreek once or twice a week in diet is good for health. Methi roti can be served with any raita or subzi.

Ingredients

- 1 Cup of Whole Wheat Flour**
- 1/2 Cup of Fresh methi leaves/Dried Methi Leaves**
- 2 Tbsp of Oil**
- 2 Tbsp of Milk**
- 1/2 Tsp of Turmeric**

1/2 Tsp of Chilly Powder
1/2 Tsp of Coriander Powder
1 Tsp of Cumin
1/2-3/4 Cups of Warm Water
Salt as needed

Method



- **Seperate the fenugreek leaves from the bunches and wash well.**
- **Cut them very small as possible. I used dried methi leaves as I didn't get fresh methi leaves.**
- **Take a required water in a kettle and boil it.**
- **In the mean time take a wide bowl and add flour, methi leaves, salt, oil, milk, turmeric, chilly powder, coriander powder and cumin.**
- **Now add boiled water to the bowl containing flour. Mix well with fork and make a dough like you do for chapathi's. Keep aside for 15 mins.**
- **Heat a tawa or chapathi pan. Meanwhile make a equally sized balls out of the dough and roll it into a circular thin roti's**
- **Now cook the roti's in medium heat. When bubbles starts appearing, apply oil and flip it to the other side. Let**

the other side also get cooked.

- Serve with it onion raita or aloo palak or any subzi.

Tips

- When you use fresh methi leaves saute well in oil before adding to flour
- You can add butter instead of oil.
- Adding warm water and milk makes roti's soft.



Health Benefits of Methi or Fenugreek Leaves

- Lowering Diabetes I and II
- High in dietary fiber and Vitamin C
- Lowers serum cholesterol.
- Improves digestion.
- Fenugreek Leaves are rich in vitamins, minerals and good source of protein and Iron.

