

# 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.

