

# Urad Dal Roti

## Urad Dal Roti

Urad dal is rich in protein, fiber, and essential nutrients, making these chapatis a healthy choice.

### INGREDIENTS:

-  Whole wheat flour: 2 cups (plus extra for dusting)
-  Urad dal: 1/2 cup, soaked for 3-4 hours and finely ground
-  Cumin seeds: 1 teaspoon
-  Asafoetida (hing): A pinch (optional)
-  Green chili: 1, finely chopped (optional)
-  Ginger: 1 inch, grated
-  Coriander leaves: 2 tablespoons, finely chopped
-  Salt: to taste



## PREPARATION:



Prepare Urad Dal: Soak the urad dal for 3-4 hours. Drain and grind it into a smooth paste.



Combine Ingredients: In a large bowl, mix the whole wheat flour, ground urad dal paste, cumin seeds, asafoetida, green chili, ginger, coriander leaves, and salt.



Knead the Dough: Gradually add water and knead to form a soft and pliable dough. The moisture from the dal paste will help in binding, so add water cautiously.



Rest the Dough: Cover the dough and let it rest for

about 20-30 minutes.



▪

Roll and cook the rotis as usual.



▪

Serve hot.