

Recipe: Good Old Chapati and Dhal [V]

Main dish

Homemade chappati with delicious nutritious spinach dhal.

Preparation time: 30 minutes

Cooking time: 30 minutes

Serve 20 children

Makes 20 chapati of approx. 50g each

Ingredients for Chapati:

- 375 g wheat flour
- 125 g wholemeal atta flour*
- 1 teaspoon of salt
- 1 tablespoon of canola oil*
- 400 ml of water

Ingredients for Spinach Dhal:

- 150 g of yellow lentil
- 150 g of red lentils
- 800 ml of water
- 1 teaspoon of salt
- ½ teaspoon of turmeric powder
- 1 tablespoon of canola oil*
- 1 teaspoon of cumin seeds
- 5 g of finely chopped ginger
- 600 g of spinach, finely chopped



Nutrition Information
(Per serving): 1 pc Chapati & 80g Spinach Dhal
Energy 154.5 kcal
Protein 7.1 g
Total fat 2.2 g
 Saturated fat 0.2 g
Carbohydrates 25.3 g
Dietary fibre 5.0 g
Sodium 206.8 mg



* Choose products with the Healthier Choice Symbol

Method

For the Chapati

1. Add the wheat flour and salt to a mixing bowl and mix thoroughly with a whisk.
2. Add the canola oil and 200 ml of water to the dry ingredients.
3. Hand mix the above and knead to form a dough. Gradually add the balance water to the dough and continue kneading.
4. Cover the dough with a damp cloth and allow to rest for about 5 mins.
5. On a clean and dry table top (or any flat surface), sprinkle some dry flour.
6. Remove the dough from mixing bowl and continue to knead for about 10 mins. Allow the dough to rest for about 5 mins before rolling it into a cylindrical shape.
7. Pinch a portion of the dough (about 40 g) and with the palm of your hand form into a ball. Use a rolling pin and roll into a flat circular shape of approx. 150mm in diameter. Remove excess flour by flipping the dough between both hands.
8. Place the dough on a hot pan (low fire) without oil, and cook for about 60 secs. Using a pair of tongs, flip the dough and cook the other side for another 60 secs.
9. Remove the Chapati once it puffs up.

Each portion cost \$0.30

For the Spinach Dahl

1. Rinse the lentils in water before placing in sauce pot.
2. Add 800 ml of water, 1 tsp of salt and ½ tsp of turmeric powder to the lentils.
3. Bring to boil and continue to simmer until lentils are cooked.
4. In a separate frying pan, add 1 tbsp of canola oil over medium heat. Add cumin seeds and chopped ginger to sauté.
5. Add in the chopped spinach and sauté until cooked and soft. Add a pinch of salt to taste.
6. Pour the cooked lentil into the frying pan and mix thoroughly with spinach to form Spinach Dahl.

Tips:

- *Reduce the use of oil by not using any when cooking the chapati and reduce amount used for dough preparation.*
- *Adding spinach to the lentils gives this dhal a delicious veggie flavour and wholesome taste with added dietary fibre.*