

Gujrat

Theple :



Recipie of Thepla:

INGREDIENTS

- 2 cups wheat flour / atta
- ☐ ¼ cup besan / gram flour
- ☐ ½ tsp kashmiri red chili powder / lal mirch powder
- ☐ 1 tsp sesame seeds / til
- ☐ ¼ tsp turmeric / haldi
- ☐ ½ tsp carom seeds / ajwain
- ☐ 1 green chili (chopped)
- ☐ salt to taste
- ☐ 1 inch ginger (grated)
- ☐ 1 cup methi leaves / fenugreek leaves (finely chopped)
- ☐ ½ cup [curd / yogurt](#) (fresh / sour)
- ☐ water as required (to knead dough)
- ☐ 2 tsp oil
- ☐ 5 tsp oil / ghee (for roasting)

INSTRUCTIONS

1. firstly, in a large mixing bowl take wheat flour and besan.
2. also add chili powder, turmeric, sesame seeds, carom seeds and salt.
3. additionally, add green chili and ginger.
4. now add finely chopped methi leaves.
5. give a rough mix making sure the spices are combined well.
6. furthermore, add half cup of curd and combine the dough well.
7. additionally, add some water and knead the dough.
8. knead the dough to smooth and soft texture like of chapathi dough.

9. add 2 tsp of oil and knead the dough for 5 more minutes.
10. now pinch a medium sized ball dough, roll and flatten it.
11. also dust with some wheat flour.
12. further roll it in a thin circle like chapathi or paratha.
13. now on a hot tawa place the rolled thepla and cook for a minute.
14. furthermore, when the base is partly cooked, flip the methi thepla
15. also brush oil / ghee and press slightly.
16. finally, serve methi thepla with raita and pickle.

Nutrients:

Energy	120 cal	6%
Protein	2.3 g	4%
Carbohydrates	13 g	4%
Fiber	0.4 g	2%