**Methi Roti**

Prep time: 15 min Cook time: 15 min

**Ingredients:**

* 1 cup whole wheat flour (atta)
* ½ cup fresh methi (fenugreek) leaves, finely chopped
* 1 green chili, finely chopped
* ½ tsp finely chopped garlic
* 2 tsp oil (sunflower or rice bran)
* ¼ cup water or as required
* ¼ tsp low sodium salt (or to taste)

**Instructions:**

**Cleaning the Methi Leaves**

1. Place the methi leaves in a bowl filled with water. Add ½ tsp baking soda and 1 tbsp vinegar.
2. Soak for 2 to 3 minutes, then drain all the water.
3. Rinse the leaves in clean water again, swish them around, and drain.
4. Spread the leaves to dry, then chop them finely. Set aside.

**Preparing the Dough**

1. In a mixing bowl, combine whole wheat flour and salt.
2. Add the chopped methi leaves, green chilies, garlic, and oil, then mix well.
3. Gradually add water and knead into a smooth, soft dough.
4. Cover and let it rest for 10-15 minutes.

**Rolling the Roti**

1. Divide the dough into small lemon-sized balls and roll them smooth.
2. Lightly dust the rolling surface with dry flour.
3. Press a dough ball slightly and roll it evenly into a thin 6-7 inch circle, ensuring uniform thickness.

**Cook & Serve**

1. Heat a tawa (griddle) on medium-high heat.
2. Place the rolled roti on the hot tawa. Cook for 30-40 seconds until slight bubbles appear.
3. Flip and cook the other side for a little longer, until light brown spots appear.
4. Flip again a couple of times, pressing lightly with a spatula, until evenly cooked.
5. Serve hot with curd or mint chutney.