**Palak Roti**

Prep time: 15 min Cook time: 15 min

**Ingredients:**

* 1 cup whole wheat flour (atta)
* ½ cup palak (spinach) leaves – finely chopped
* 1 green chili – finely chopped
* ½ teaspoon finely chopped garlic
* 2 teaspoons oil (Sunflower or Rice bran)
* ¼ cup water (or as required)
* ¼ teaspoon low sodium salt (or as required)

**Instructions:**

**Cleaning the Palak:**

1. Place the palak leaves in a bowl of water with ½ teaspoon baking soda and 1 tablespoon vinegar.
2. Soak for 2 to 3 minutes, then drain all the water.
3. Rinse the leaves in clean water, swish, and drain again.
4. Spread them evenly to dry, then finely chop – set aside.

**Preparing the Dough:**

1. In a mixing bowl, combine whole wheat flour and salt.
2. Add chopped palak leaves, green chili, garlic, and oil, and mix well.
3. Gradually add water, a little at a time, and mix first before kneading.
4. Knead into a smooth, soft dough.
5. Cover and let it rest for 10-15 minutes.

**Rolling the Roti:**

1. Divide the dough into small lemon-sized balls and roll each ball smoothly.
2. Lightly dust with dry flour before rolling.
3. Using a rolling pin, roll out each ball evenly into a thin, round shape.

**Cook & Serve:**

1. Heat a tawa (griddle) on medium-high heat.
2. Place the rolled roti on the hot tawa and cook for a few seconds until light bubbles appear.
3. Flip and cook the other side until brown spots start to form.
4. Flip again and press gently with a spatula, cooking until evenly golden brown.
5. Optionally, drizzle a few drops of oil or ghee for extra flavor.
6. Serve hot with curd, or dal.