**Missi Roti**

Prep time: 15 min Cook time: 15 min

**Ingredients:**

* 2 cups whole wheat flour
* 1 cup besan (gram flour)
* 1 teaspoon ajwain (carom seeds)
* 1 green chili, finely chopped
* ⅓ cup finely chopped onions
* 1 pinch hing (asafoetida)
* 1 teaspoon low sodium salt
* 3 teaspoons oil (sunflower or rice bran)
* ¾ cup water (or as required)
* Additional oil for roasting

**Instructions:**

1. In a mixing bowl, combine the whole wheat flour, besan, and ajwain.
2. Add the finely chopped onions, green chilies, a pinch of hing, and oil.
3. Mix well to combine.
4. Gradually add ½ cup water and knead to form a smooth, soft dough. Add more water as needed.
5. Allow the dough to rest for 10 minutes. Then, divide it into medium-sized balls.
6. On a rolling board, dust a dough ball with some dry wheat flour. Roll it into a circle about 5 to 6 inches in diameter, adding more flour if necessary.
7. Heat a tawa (griddle) and place the roti on it. When the base is partially cooked, flip it over.
8. Spread a little oil on the partially cooked side.
9. Once the second side has brown spots, flip again. Spread oil on this side as well and flip once more.
10. Press the edges with a spatula to ensure even cooking on all sides.
11. Flip the roti once or twice more until it is evenly cooked and golden brown.
12. Serve hot with your choice of curry or yogurt.