

Naan Bread

Prep time: 30 minutes Cooking time: 10 minutes



Ingredients

200g / 7oz plain flour
 1 sachet of yeast
 1 clove of garlic, chopped finely
 ½ teaspoon baking powder
 1 tablespoon vegetable oil
 3 tablespoons plain yoghurt
 2 tablespoons milk

Optional

A pinch of black onion seeds (Nigella seeds)
 Sprinkle with shredded coriander leaves for extra flavour



Method. Pre heat oven to 140°C / Gas Mark 1

- Mix together flour, yeast, onion seeds (optional), garlic and baking powder. Stir in oil, yoghurt and milk
- Wet your knuckles with water and knead the dough until it is soft and pliable - this should take around 10 minutes
- Place the dough in a mixing bowl and cover it with cling film. Leave to rest (prove) for 10 -15 minutes in a warm place
- Divide the dough into four balls and place on a floured surface or board. Roll each ball out into a long oval shape about ½ cm thick
- Place on a greased baking tray. Put them in the centre of the oven for 10-15 minutes. They are ready when they have puffed up a little and turned golden brown
- Serve with chicken ruby or fruity chicken curry in the main meals section



Tip!

Don't roll too thin or they will turn into crisps!