

# nourish

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## **Roti**

Makes 12

4 cups plain flour (white or wholemeal)

4 tablespoons olive oil

1 cup boiling water

pinch salt

2 teaspoons margarine

1. Mix together flour, salt and olive oil. Pour in boiling water. Mix lightly with a wooden spoon.
2. When dough cools slightly, start to knead and add the margarine to absorb extra flour and soften the dough to reach a manageable and non-sticky texture. Add some flour if sticky or margarine if too dry.
3. Roll into a long cylinder (about 30cm in length) then cut into about 10cm pieces. Place pieces in a bowl and cover with a tea towel.
4. Roll each piece of dough into a circle (about the size of a side plate).
5. Heat a dry, non-stick fry pan over medium heat. Cook on each side until lightly browned.

From Melanie Pillay