



## Low Protein Wrap/Chapatti



### Ingredients

**150g** PK Flour (to make dough)  
**Extra PK Flour** to roll the chapattis to dust the board  
**125ml** Hot water  
**2 tsp** Oil  
**2** Pinches of salt

### Method

1. Place flour in a deep bowl and add the oil and salt and mix well.
2. Add the hot water to the flour, a little at a time, kneading as you go, until you have soft, elastic dough. The longer you knead the dough the softer the chapattis will be.
3. Divide the dough into 4 and shape piece into a ball.
4. Sprinkle a little flour onto a flat board.
5. Flatten the balls slightly, and then place onto the floured board.
6. Roll it out in to a flat disc approximately 15cm (6 inches) in diameter, flouring the board when necessary.
7. Heat a griddle or shallow frying pan, lay the chapatti on the griddle or pan and cook for about 20-30 seconds or until the surface starts bubbling.
8. Turn it over with tongs and cook the other side for 10-15 seconds. As soon as brown spots appear on the underside, the chapatti is done.
9. Spread butter over one side, if you like.
10. Repeat the process with the remaining balls.