



GARLIC & CORIANDER LACCHA (FLAKY) PARATHA (Makes 6)

Ingredients for the dough

- 300g plain flour
- 2 tablespoons gram flour
- 2 tablespoons extra virgin olive oil
- 350ml soya / oat milk (any milk can be used)
- 1 teaspoon salt
- 1 teaspoon sugar

Ingredients for the filling

- 2 tablespoons extra virgin olive oil
- Large handful coriander, very finely chopped
- 2 cloves of garlic, very finely chopped
- 1 teaspoon chilli flakes, optional
- Plain flour for dusting

Method

Mix all the ingredients for the filling into a small bowl, and set aside.

In a large mixing bowl, add all the dry ingredients for the dough and mix well. Add the milk & oil, and combine well. Once the mixture has formed a dough, knead for at least 10 minutes, allowing the gluten to be activated, until you have a soft stretchy dough. Cover and leave to rest for an hour.

Once rested and divide into six equal parts. Taking one piece of dough at a time, make into a smooth ball, and then roll out into a thin circle. Don't worry too much about the size of the circle, the most important thing here is a thin layer. Now, using a pastry brush, brush a thin layer of the filling all over your rolled out dough. Sprinkle all over with a little flour.

Now, from the edge of your coated circle of dough, fold and pleat the dough as if you were making a thin paper fan. What you are doing here is creating the flakes. So it doesn't have to be neat but what you end up with is a pleated line

of dough with the filling spilling out a little. Now, roll the pleated dough into a tight circle and join the edges. Gently press your hand over your circle to flatten it a little. Repeat with all your dough pieces and allow them to chill in the fridge for 10mins.

When you're ready to cook them, heat a non stick frying pan while you roll out your circles of dough. This time you want them a bit thicker so that the layers can form. Don't worry about the shape!

Have the frying pan on a medium heat, and cook each paratha for 2-3 mins on each side turning frequently to give an even cook. Layer them up on a plate as you cook, covering them with a tea towel to keep them moist & warm.

Serve warm with your favourite veggie curry!