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## Chickpea Roti

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## Roti/Chapati Ingredients

- 2 cups whole wheat flour or 1/2 cup of all purpose flour & 1 whole wheat flour
- 1 teaspoon salt
- 2 teaspoon of non-hydrogenated margarine (e.g. earth balance)
- 2/3 cup water or more as needed it.

## Chickpea Curry Ingredients

- 1-2 onion, chopped
- 4-5 garlic, chopped
- 1 tablespoon of ginger, grated
- 1 tsp fresh or dry thyme, chopped
- 2 teaspoons of ground cumin
- 2 tablespoon curry powder or paste
- 1/2 teaspoon red pepper flakes
- 4 cups of potatoes
- 2-3 cups of water
- 2 cups of chickpeas
- 1 cup of frozen peas
- 1/2 cup of chopped fresh cilantro
- 1 tablespoon lemon juice (opt)
- Salt to taste

## Instructions

### **Roti:**

1. In a bowl sift together the flours and salt. Cut the margarine with a pastry cutter or with a fork or knife. Mix water into flour until dough pulls together.
2. Turn dough out onto a lightly floured surface and knead until smooth and elastic, about 8 minutes. Cover and set aside for 30-45 minutes.
3. Divide dough into 6-8 equal parts. Form each part into a round. Roll out each round; dust with flour if necessary to keep from sticking.
4. Set griddle to high heat. When pan is hot, transfer roti dough into the pan, wait for 6-7 seconds, then flip the roti over.

***Roti will cook in 30-50 seconds***

### **Chickpea Curry:**

1. Cook onions in a large skillet over medium for 3 minutes or until tender. Add garlic and cook for 15 seconds, until fragrant. Add ginger, thyme, curry, red pepper flakes, cumin for additional 15-30 seconds.
2. Add potatoes and water, bring to boil and simmer for 20 minutes or until potatoes are soft.
3. Slightly mashed the potatoes, then add peas and chickpeas and cook till warmed.
4. Season with lemon, salt, and chopped fresh cilantro.

## Bonus Tips

### *To Serve:*

1. Place about a cup of the filling in the center of a roti.
2. Fold over the sides and fold up the ends as you would with a burrito.
3. Serve with your favorite hot sauce

## Check it Out

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