

NAAN BREAD



QUICK

15 mins prep
plus 10 mins
waiting time

HEALTHY

Carbohydrates provide our body with energy. It is the preferred fuel source for our brain, nervous system and heart

FAMILY



MEALS

Serve with curry or soup

INGREDIENTS

- 250g plain flour
- ½ tsp salt
- 1 tsp baking powder
- 2 tsp oil
- 130ml milk

METHOD

- 1) Mix the dry ingredients together in a bowl
- 2) Make a well in the centre and add the oil and milk
- 3) Mix well
- 4) Leave to rest for 10 minutes
- 5) Divide into 10 equal sized pieces
- 6) Heat a large frying pan
- 7) Roll out the naan – not too thinly
- 8) Cook in the dry pan till cooked through and a little burnt on the edges
- 9) Enjoy



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com