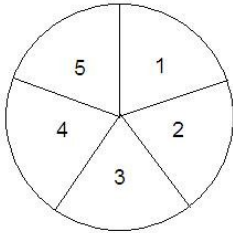


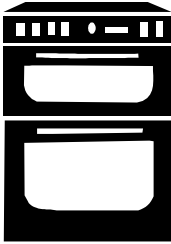
Naan Bread

Serves 4

Portions of fruit & vegetables per serving: 0



Grill needed



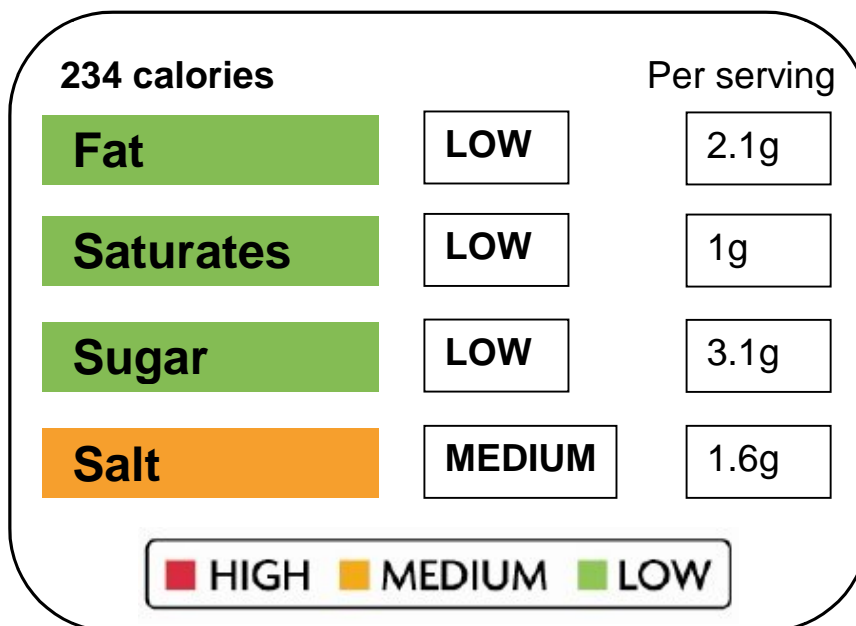
Ingredients	Amount	Preparation
self raising flour	250g (8oz)	
easy-blend dried yeast	1 teaspoon	
salt	large pinch	
low fat natural yogurt	3 tablespoons	
water	6 tablespoons	luke warm
reduced fat margarine	1 teaspoon	melted

Please Turn Over



Method

- 1 Place the flour, yeast and salt in a large bowl and make a well in the centre. Spoon in the yogurt and gradually add the warm water.
- 2 Mix together to form a very soft, slightly sticky dough.
- 3 Tip the dough out onto a floured surface and knead the dough for about 5 minutes.
- 4 Place the dough into a clean bowl and cover with cling film. Leave in a warm place for about an hour.
- 5 Pre-heat the grill to high. Divide the dough into 4 equal pieces and roll out into rectangles.
- 6 Place under the grill for about 1 minute on the first side and turn over and grill for about 30 seconds until puffed and lightly browned.
- 7 When the naans are ready and still hot brush with a little bit of the melted butter and wrap in foil until ready to serve.



Handy Hints

- Salt is added to this recipe to stop the yeast becoming over active.
- You can add garlic and coriander to your dough to make flavoured naans.

