

# Parathas with Silverbeet

**Season:** Any  
**Type:** Bread - Indian  
**Difficulty:** Easy  
**Serves:** 6  
**Fresh from the garden:**, silverbeet



Equipment:	Ingredients:
Large bowl Plastic wrap Measuring cups and jug Frying pan Rolling pin Tongs Plate Paper towel	3 cups plain flour 330mls water Vegetable oil 4 large silverbeet leaves

## Method

- Put flour in bowl
- Add about  $\frac{3}{4}$  of the water and mix, if the mix is dry add more water, if it is wet add more flour. Mix to a smooth dough. Knead for 5 minutes.
- Wrap dough in plastic wrap to rest. Leave for 10 minutes
- Remove spine from silverbeet leaves, and shred leaves. Place into a bowl. Pour over some boiling water. Leave for 5 minutes and drain. Dry silverbeet with a tea towel or paper towel.
- Use this time to tidy away ingredients, wash dishes and bench.
- Divide dough into 8 pieces.
- Sprinkle flour on bench and roll each piece of dough into a 16cm round. You may need to flour the rolling pin as well.
- Spread some silverbeet over dough and roll into a sausage, the curl it into a spiral and roll out again into a 16cm round
- **ADULT ASSISTANCE REQUIRED** - Heat 1cm of oil in frying pan and cook Parathas or 1  $\frac{1}{2}$  minutes on each side or until puffed and golden.
- Place on a plate lined with paper towel to drain.

**SAFETY TIP:** When frying with hot oil extreme care must be taken as the oil can splash and cause serious burns. If burnt cool the effected area immediately under cold running water for 10 minutes