



## STUFFED NAAN BREAD



### INGREDIENTS

150g strong plain **flour**

50g whole strong plain **flour**

1 x 7g sachet easy-bake (microfine) **yeast**

½ teaspoon mixed herbs

2 tablespoons low fat plain **yogurt**

200ml warm water

2 teaspoons vegetable oil

#### *For the filling:*

1 onion – peeled and finely chopped

1 clove garlic – peeled and crushed

2 teaspoons mild curry powder

2 tablespoons water

25g desiccated coconut

### EQUIPMENT

small bowl, teaspoon, tablespoon,  
mixing bowl, measuring jug, wooden spoon,  
medium sized 'tie handle' plastic bag,  
baking tray, spatula

**MAKES:** 4

**PREP TIME:** 40 minutes

**ALLERGENS:** cereals containing gluten,  
milk

**COOK TIME:** 10-15 minutes

### METHOD

- 1 Prepare the filling ingredients and place into a small microwaveable bowl. Add the onion, garlic, curry powder and water and cook in the microwave on HIGH for 3 minutes until the onions have softened. Once cooked, mix in the coconut and leave to cool.
- 2 Place the flour, yeast, mixed herbs and yogurt in the mixing bowl. Gradually add the water\* to form a soft, slightly sticky dough with a wooden spoon. \*You may not need to add all of the water!
- 3 Open the plastic bag and add the oil. Rub the bag together so it gets an even coating of oil (this will stop the dough from sticking to it), then place the dough in the bag. Knead the dough in the bag for 4-5 minutes until it develops a soft, elastic and smooth texture.
- 4 Place the kneaded dough onto a lightly floured surface and divide into 4 pieces. With your fingertips, press each piece of dough into a 12cm circle. Place each piece on the lightly floured baking tray. Heat the oven to 200<sup>0</sup>C/Gas 6.

Spread a teaspoon of the cooled filling over one half of each round. With your finger, brush the edge with a little cold water. Then fold the bread over and the edges together firmly.

Leave the naans to stand for 5 - 10 minutes. Bake for 10-12 minutes until puffed up and golden brown. Serve warm with a sprinkling of freshly chopped coriander.