



Chia seed & coriander naan bread



These naan breads are easy to make and make a great accompaniment to any curry! Alternatively, use them as a base for a pizza or add a touch of garlic! Or for a plain naan, just leave out the chia seeds and coriander

What you'll need:

Large mixing bowl, measuring spoons, rolling pin, large frying pan, wooden stirring spoon, proving bag/large plastic bag, spatula

Ingredients

- 7g dried instant yeast
- 2tbsp chia seeds
- 15-20g fresh coriander chopped finely or 8-10g of dried
- 2 tbsp granulated sugar
- 6 tbsp oat/soya milk
- 2 tsp salt
- 400g flour (preferably bread flour but plain and wholemeal also work) extra for dusting
- Vegetable oil for frying

Method

1. With instant yeast there is no need to add it to water beforehand.
2. Add the flour, sugar, salt, chia seeds, coriander and yeast to a mixing bowl and stir
3. Make a well in the centre of the mix and add the plant-based milk and water
4. Bring everything together with the wooden spoon
5. Dust your worksurface and hands with flour and beginning kneading the dough. Push half of the dough away, fold it back then turn a quarter and repeat
6. Continue to knead for 10-12 minutes until the dough is elastic and smooth
7. Put a small amount of oil around the mixing bowl and put the ball of dough back inside. Cover with the proving bag/carrier bag making sure there are no holes
8. Leave it in a warm spot for 60-90 minutes, until has doubled in size
9. Remove from the bowl and knock out any air by kneading for a further 2- 3 minutes

10. Divide the dough into four relatively equal sizes and dust the worksurface and your rolling pin
11. Roll each one out to roughly the size of your frying pan, it doesn't matter if they're misshapen it's all part of the fun
12. Pour a little oil into the frying pan and put over a medium heat
13. Ensure the oil has coated the pan then begin to fry your naans
14. They should take about 5 minutes in total, turning halfway through. You will probably see them bubble up in places while they are frying. Simply press them down with your spatula to ensure they cook evenly
15. Flip them after two and half minutes making sure they are golden brown on both sides before removing

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