



Cut at the line for a 4x6 Recipe Card

Everyday Recipes: everydayrecipes.ca

Chapati Rolex

(Lunch, None)

Ingredients:

- Bread:
- 1 3/4 cups all-purpose flour
- 1/2 tsp sugar
- 1 1/2 tsp salt
- 1/2 tsp black pepper
- 1/2 cup finely grated carrot
- 1/4 cup minced white onion
- 2 tbsp melted butter
- 3/4 cup warm water
- 1 tbsp olive oil (for frying)
- Rolex:
- 2 cups green cabbage, shaved
- 2 roma tomatoes, small dice
- 8 eggs
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp smoked paprika
- 1/4 tsp celery seed
- 6 shakes Tabasco sauce
- Olive oil for frying

Directions:

(continued on card #2)

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Directions:

Bread: Mix all dry ingredients together. Add carrot and onion. Mix butter into the water and add to the dry ingredients. Mix into a dough and knead until it's smooth and elastic (add more flour if necessary to ensure it's not too sticky - tacky is OK). Cover, and set aside to rest for 20 minutes. Divide dough into four equal portions, and roll out each to the size of a dinner plate (dust rolling surface with a little flour). Heat a large frying pan over medium heat and add olive oil. Fry the bread one disc at a time, flipping occasionally to ensure it's cooked evenly (8-10 min). A good indicator is deep golden spots on both sides. Stack fried bread atop each other so they remain soft and pliable while you prepare the rolex. Rolex: Whisk together eggs, spices and Tabasco sauce. Divide into four equal portions and set aside. Divide cabbage and tomatoes into four equal portions. Using the same frying pan used for the bread, heat it to medium, add a tbsp of olive oil, swirl and add one portion of cabbage. Stir cabbage and once it just starts to soften, add a quarter portion of the egg mixture to the pan and briefly stir. Allow to cook, undisturbed for 1-2 minutes (or until a crust starts to develop on the bottom), then flip the entire mixture over like a pancake to cook the other side. Once fully cooked (another 1-3 minutes), slide the rolex onto a portion of bread, top with tomatoes and roll tightly. Repeat with remaining 3 portions. Serve hot. Yield: 4

servings