



## SEEDED NAAN BREAD

 **Prep: 15 minutes plus proving**

 **Cook: 12-18 minutes**

 **Makes: 6**

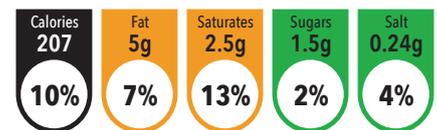
### INGREDIENTS:

- 7g sachet dried yeast
- 1 tsp caster sugar
- 250g strong white bread flour
- 3/4 tsp **LoSalt**
- 2 tsp poppy seeds
- 1 tsp cumin seeds
- 1 tsp mustard seeds
- 25g butter, melted
- 3 tbsp fat free natural yogurt

### METHOD:

1. Place the yeast, sugar and 125ml hand hot water in a small bowl, stir and leave for 5 minutes until frothy.
2. Mix together the flour, **LoSalt** and seeds in a large bowl or the bowl of a stand mixer fitted with a dough hook. Make a well in the middle and add 1 tbsp butter, the yogurt and the yeast mixture. Mix together to give a sticky dough. Knead for about 8 minutes until smooth. Place in a large greased bowl, cover with clingfilm and leave to prove in a warm place for about 1 hour or until doubled in size.
3. Knock back the dough and divide into 6 even pieces. On a floured surface, roll each one into a thin oval shape approx. 16cm long.
4. Heat a large non-stick frying pan and dry fry 2 at a time for 2-3 minutes until golden and bubbles start to form, turn over and cook for a further 2-3 minutes. Brush each side with the remaining butter. Repeat to make 6 naans.

Each serving contains



of your guideline daily amount

### COOKS TIP:

Brush with chilli oil instead of butter to give extra flavour.