

**HERB & GARLIC
HOMEMADE VEGAN NAAN**



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YIELD
4



TIME
30 min



NF



SF

INGREDIENTS

Herb & Garlic Oil

1½ Tbsp (20 mL) vegetable oil
2 cloves garlic, crushed
1 tsp (1 g) dried parsley or dried coriander
½ tsp salt

Naan

2 cups (240 g) plain all-purpose flour
½ cup (120 mL) unsweetened plain plant-based yogurt*
¼ cup (60 mL) unsweetened plant-based milk*
½ Tbsp (7 g) sugar
1 tsp (4 g) baking powder
¼ tsp salt

DIRECTIONS

1. To a small bowl, add the oil, garlic, parsley, and salt, and whisk. Set aside.
2. To a large bowl, combine the naan ingredients together and mix until just combined.
3. Transfer the dough onto a floured surface and knead a few times, until the dough is smooth. If the dough keep sticking to your hands or the surface, simply sprinkle over some more flour.
4. Divide the dough into 4 and roll out each piece into a rough oval shape, about 2 mm thick. Continue to add flour as needed to prevent sticking.
5. Preheat a large frying pan on medium-high heat. Lightly brush one side of the naan with the herb and garlic oil, and transfer the oiled side down onto the pan to toast. Grill on each side for about a minute, or until it's golden and bubbly. If you'd like, you can add a bit more herb and garlic oil on the top of the naan before giving it a flip to cook on the other side. Repeat with each naan.

NOTES

- **Nutrition tip:** try to use a plant-based milk and yogurt that is fortified with calcium (offers approximately 120 mg calcium per 100 mL serving).
- **Storage:** keep in an air-tight container for up to 2 days.
- **Variations:** you can also make a cumin spiced version by kneading ½ tsp of cumin seeds into the dough.