



# Nankhatai Indian shortbread

Prep: 15 minutes • Cook: 15 minutes • Serves: makes 12



## Ingredients

100g wholemeal flour  
30g gram flour  
20g semolina  
30g ground pistachios  
40g icing sugar  
90g ghee (room temperature) or butter (melted)  
½ teaspoon cardamom powder  
Pinch nutmeg  
¼ teaspoon saffron strands

## To serve

10g pistachios, roughly chopped

- 1** Preheat oven to 180°C / 160°C fan / gas mark 4. Put the ghee or butter and sugar into a mixing bowl, along with the cardamom, nutmeg and saffron. Whisk until light and creamy.
- 2** Add in the flour, gram flour, semolina and ground pistachios, and mix. Gently bring the mixture together, but do not over knead.
- 3** Divide the mixture into 12 balls and place onto a lined baking tray. Slightly flatten the cookies and sprinkle with the chopped pistachios.
- 4** Bake for 12-15 minutes (no longer than 15 minutes, they won't brown). Let the biscuits cool to crisp up. They are then ready to serve.

## Nutritional info

Low phosphate ✓  
Low potassium ✓  
Carbohydrate **12g**  
Low protein ✓  
Low salt ✓  
Cost per shortbread (April 2024) **22p**  
Energy in kcals **140**