



Capsicum Paratha

Serving: 1

Veg

Ingredients

- -3 tbsp finely chopped capsicum (Any one red , yellow or green)
- -1 tbsp finely chopped spring onion greens
- -2 tsp whole wheat flour (gehun ka atta)
- -3 tsp Jowari atta
- - $\frac{1}{4}$ tsp dry red chilli flakes (paprika)
- -Pinch dried oregano
- -salt to taste
- -1 tsp oil for cooking

Preparation Method

1. Combine all the ingredients in a deep bowl, mix well and knead into a soft dough using enough water.
2. Roll a portion of the dough into a circle using a little whole wheat flour for rolling.
4. Heat a non-stick tava (griddle) and cook the paratha using $\frac{1}{4}$ tsp of oil till golden brown spots appear on both the sides.
5. Serve immediately.