



Sprouts Paratha

Serving: 1

Veg

Ingredients

- 2 tbsp - Jowari flour + 2 tbsp - oats flour
- 1 tsp grated garlic
- salt to taste
- 2 Tbsp sprouted moong (whole green gram)
- 1 tbsp grated paneer (cottage cheese)
- Salt to taste
- 1 tsp chilli powder
- 1 green chilli, chopped
- 1 tbsp coriander (dhania)

Preparation Method

- Atta should be mixed with salt and make it soft.
- Boil sprout in open container for 10 min so as to tender.
- Mix sprout with mashed paneer and with salt, red chili, green chilli and coriander.
- Mix well. stuff in paratha and cook at sim gas and serve.