



Nutritious Millet Paratha

Serving: 1

Veg

Ingredients

- 1 cup of rajgira flour (chola/ramdaana)
- $\frac{1}{4}$ cup boiled ,peeled and mashed potatoes
- 2 tbsp finely chopped coriander
- $\frac{1}{2}$ tsp freshly ground pepper (kalimirsch) powder
- Salt to taste
- Rajgira flour (chola /ramdaana) for rolling oil in cooking

Preparation Method

- Combine the rajgira flour ,potatoes,pepper powder and salt in a bowl and knead into semi soft dough using enough water
- Divide the dough into 4 equal portion and roll out a portion into a circle of 150 mm (6") diameter ,using a little rajgira flour for rolling
- Heat a non-stick tava (griddle) and cook the paratha ,using oil ,till turns golden brown in colour from both the sides
- Serve immediately with green chutney and fresh curds