



## Protein paratha

Serving: 1

Veg

### *Ingredients*

- 2 tbsp Flour ( Jowar or bajra or rajgira )
- 1 tbsp Yellow moong dal soaked
- Red chilli powder to taste
- Turmeric powder to taste
- Coriander powder to taste
- Gram masala powder to taste
- Salt to taste
- 1 tbsp fresh coriander chopped
- Water for kneading dough

### *Preparation Method*

- In a large bowl, mix all the ingredients well
- Now make soft dough by adding water
- Take the dough; roll with the help of dry flour. Place on a hot griddle and flip after it is roasted a little.
- Apply oil and flip again and apply oil to this side also. Remove when roasted well on both the sides.
- Serve with curds or green chutney