



Green Moongdal and Spring Onion Paratha

Serving: 1

Veg

Ingredients

- For The Dough
- -2 tsp whole wheat flour + 3 tsp jowari atta
- -1 tsp ghee
- -salt to taste
- **To Be Mixed Into A Stuffing:**
- -1 tbsp green moong dal (split green gram) , soaked for 3 hours , boiled and drained
- -2 tbsp finely chopped spring onions (whites and greens)
- -1 tsp chilli powder
- - $\frac{1}{2}$ tsp cumin seeds (jeera) powder
- -Pinch tsp asafoetida (hing)
- -salt to taste
- For Serving
- -fresh curd

Preparation Method

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- For the dough
- 1. Combine all the ingredients in a deep bowl and knead into a soft dough using enough water.
- 2. Roll out each portion of the dough in to circle.
- 3. Place one portion of the stuffing in the centre of the circle and bring together all the sides in the centre and seal tightly.
- 4. Roll out again into a circle, using a little whole wheat flour for rolling.
- 5. Heat a non-stick tava (griddle) and cook each paratha, using a little oil, till they turn golden brown in colour from both the sides.
- 6. Serve immediately with fresh curds.