



## Couscous and Chicken Paratha

Serving: 1

Non Veg

### *Ingredients*

- -Whole wheat -30 gms
- -Oil - $\frac{1}{2}$  tsp
- Filling
- -Diced Chicken -30 gms
- -Couscous - 15gms ( hald cooked )
- -Chopped onions -10gms
- -Ginger garlic paste -1tsp
- -Cumin seed-  $\frac{1}{2}$  tsp
- -Garam masala powder -1 tsp
- -A dash of red chilli powder and turmeric powder
- -Oil -  $\frac{1}{2}$  tsp
- -Salt to taste

### *Preparation Method*

- -Knead the flour to make a soft dough
- -In a pan heat oil and add cumin seed
- -Add onion and fry till the until light brown
- -Add the ginger Garlic paste ,Coriander Powder ,garam masala ,red chillli and turmeric Powder with a little water and fry till the oil separate
- -Now add the chicken and salt with a cup of water and cook on a low flame till done and the water dries
- -After it cools ,mix in couscous in equal portion
- -Roll a portion of the dough into a small circle and add a little of the filling and close it by bringing all the edges together . Roll into Marathi rolls
- -Roll out the rest of the portions similarly
- -Heat a pan with a little oil and cook the paratha till golden brown both the sides
- - Enjoy "