



Palak Pumpkin Paratha

Serving: 1

Veg

Ingredients

- 3 tbsp grated red pumpkin
- 3 tbsp chopped spinach (palak)
- 3 tbsp jowar atta
- 1/4 tsp chilli powder
- Pinch of turmeric powder (haldi)
- salt to taste
- 1/4 tsp oil for cooking

Preparation Method

- Combine all the ingredients in a deep bowl and knead into a soft dough using enough warm water.
- Divide the dough into equal portions.
- Roll a portion into circle using whole wheat flour for rolling and grease it evenly using a little oil. .
- Heat a non-stick tava (griddle) and cook the paratha using a little oil till it turns golden brown in colour from both the sides.
- Serve hot with fresh curds