



## Nutritive Satva Paratha

Serving: 1

Veg

### *Ingredients*

- -Ragi flour- 1 tbsp
- -Bajra flour-  $\frac{1}{2}$  tbsp
- -Jowar flour-  $\frac{1}{2}$  tbsp
- -Channa dal- 2 tsp
- -Flaxseeds- 1 tsp
- -Onion-  $\frac{1}{2}$  small no. , finely chopped
- -Ginger garlic paste-  $\frac{1}{4}$  tsp
- -Red chilli powder- 1 tsp.
- -Green chillies- 1 no. , finely chopped
- -Curry leaves- a few
- -Water- as required
- -Salt- as per taste
- -Oil-  $\frac{1}{2}$  tsp

### *Preparation Method*

1. Soak channa dal in water for 30minutes.
2. Now take a bowl add soaked channa dal remove water, ginger garlic paste, onion, salt, red chilli powder, flaxseeds, curry leaves, green chillies chopped, ragi flour, bajra flour and jowar flour and mix well then add enough water to make a soft dough.
3. Take a pan add little oil, take a hand full for dough and make a ball spread all over the pan equally. Make a small holes all over add oil on top of it and cover it with a lid and cook in slow flame till it is golden brown colour.
4. You can cook both the side if needed.
5. Remove in a plate and serve with green chutney.