



Cabbage Dal Paratha

Serving: 1

Veg

Ingredients

- 2 tsp wheat atta And 2 tsp jowari atta
- $\frac{1}{4}$ tsp salt
- For The Stuffing
- 2tbsp finely chopped cabbage
- 2 tbsp yellow moong dal (split yellow gram) , soaked and parboiled
- $\frac{1}{2}$ tsp fennel seeds (saunf)
- 1 tbsp finely chopped onions
- 1 tsp finely chopped green chillies
- 1 tsp of turmeric powder (haldi)
- 1 tsp grated ginger (adrak)
- 1 tsp dried mango powder (amchur)
- 1 tbsp finely chopped mint leaves (phudina)
- 1 tsp oil
- Salt to taste

Preparation Method

- For the dough
- Combine the flour and salt together in a bowl and add enough water to make soft dough.
- Knead well for 3 to 4 minutes and keep aside.
- For the stuffing
- Heat the oil in a non-stick pan and fry the fennel seeds in it for a few seconds.
- Add the onions and sauté till they turn golden brown in colour.
- Add the green chillies, turmeric powder, ginger, amchur cabbage and 1 tbsp of water and mix well and cook on a medium flame for 1 minute.
- Add the moong dal and cook for another 2 minutes.
- Add the salt and mint and mix very well.
- How to proceed
- Divide the dough into equal portions.
- Roll out each portion of the dough into a circle .
- Place some portion of the stuffing in the centre of the circle.
- Bring together all the sides in the centre and seal tightly
- Roll out again into a circle . Cook on a non-stick pan on both sides using $\frac{1}{4}$ teaspoon oil until brown spots appear.