



## Oats Pudina Paratha

Serving: 1

Veg

### *Ingredients*

- Makes 1 paratha
- 3 tbsp finely chopped mint leaves (phudina)
- 2 tbsp Oats flour
- 1 tsp oil
- 1/2 tsp ajwain
- 1/2 tsp chilli powder
- salt to taste
- whole wheat flour / or other for rolling
- oil for greasing and 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 and pickle