



Palak Methi Thepla

Serving: 1

Veg

Ingredients

- -Wheat flour / jowari atta/rajgira atta – 2 tbsp
- Chickpea flour- 1 tablespoon.
- ajwain - $\frac{1}{2}$ tsp.
- Turmeric – $\frac{1}{2}$ tsp
- Coriander powder - 1 tsp.
- Red chilli powder – 1 tsp.
- Spinach(finely chopped) – 3 tbsp
- Methi leaves(finely chopped) – 2 tbsp .
- Oil - as required.
- Salt - to taste.

Preparation Method

- Take flour in a bowl and add chickpea flour, carom seeds(ajwain), turmeric, coriander powder, red chilli powder, spinach, methi leaves, oil and mix properly.
- Add salt and water, then make nice dough and let it rest for 5 minutes.
- Now divide this dough into small portions and roll into small puri's with the help of some flour.
- Add little oil on a hot pan and pan fry the theplas.
- Apply oil on both the sides and cook them.
- Transfer in a plate when they become brownish colour.