



Oats Spring Onion Paratha

Serving: 1

Veg

Ingredients

- For The Dough
- 2 tbsp coarsely ground quick cooking rolled oats
- 1 tbsp whole wheat flour
- 1 tbsp curds
- salt to taste
- For The Spring Onion Filling
- $\frac{1}{4}$ cup finely chopped spring onions
- 1 tsp oil
- 1 tsp cumin seeds (jeera)
- 1 tsp finely chopped garlic (lehsun)
- 1 tsp green chilli paste
- salt to taste

Preparation Method

- For the dough
- Combine all the ingredients in a deep bowl and knead into a soft dough using enough water. Keep aside.
- For the spring onion filling
- Heat the oil in a non-stick pan and add the cumin seeds.
- When the seeds crackle, add the garlic, green-chilli paste, mix well and sauté on a medium flame for a few more seconds.
- Add the spring onion whites and sauté on a medium flame for 1 to 2 minutes.
- Add the spring onion greens and salt, mix well and cook on a medium flame for a minute. .
- How to proceed
- Roll out each portion circle, using a little whole wheat flour for rolling.
- Place a dough circle on a flat, dry surface and spread a portion of the filling over it.
- Place the other dough circle over it and seal it tightly.
- Cook the paratha on a non-stick tava (griddle), using a little oil, till it turns golden brown in colour from both sides.
- Serve hot.