



## Multi Grain Parathas

Serving: 1

Veg

### *Ingredients*

- -Chopped fenugreek leaves : 12-15 leaves, chopped
- -Nachni flour : 10 gms
- -Jowar flour : 10 gms
- -Besan : 10 gms
- -Whole Wheat Flour: 10 gms
- -Chilli powder : a pinch
- -Asafoetida : pinch
- -Curds : 1 tbsp
- -Ginger-green chili paste:  $\frac{1}{2}$  tsp
- -Garlic: 1 tsp
- -Sugar : pinch
- -Salt to taste
- -Oil :  $\frac{1}{2}$  tsp for each

### *Preparation Method*

- -Combine all the ingredients in a deep bowl to make a soft dough, using enough water.
- - Divide the dough into equal portions. Pat a portion of the dough in between your palm to make a paratha thick circle.
- - Heat the pan and make parathas.
- -Serve hot with Green chutney