



## Soya Paratha

Serving: 1

Veg

### *Ingredients*

- -For the dough
- Combine all the ingredients together to make a semi-soft dough using enough water.
- Divide into equal portions and keep aside.
- -For the filling
- Heat the oil in a non-stick pan, add the cumin seeds and allow the seeds to crackle.
- Add the remaining ingredients and cook for 2 minutes.
- Remove and allow to cool.
- -How to proceed
- Roll out one portion of the dough into a circle.
- Place one portion of the filling in the center of the dough circle.
- Bring together all the sides in the center and seal tightly.
- Roll out again into a circle Cook the paratha on a non-stick pan, using a little oil until both sides are golden brown. Serve

### *Preparation Method*

- -For the dough
- 2 tbsp whole wheat flour / jowari atta/oats atta .
- 1 tsp grated garlic
- salt to taste
- -For the filling
- 2 tbsp soaked and finely chopped soya chunks
- 1 tsp cumin seeds (jeera)
- 1 tsp ginger-green chilli paste
- 1 tsp chilli powder
- 1/2 tsp coriander (dhania) powder
- a pinch of turmeric powder (haldi)
- 1 tsp oil
- salt to taste