

Recipe Details:

Among all stuffed parathas, Aloo ka Paratha is the most popular as its packed full of flavour and goes well with yogurt/curd, pickle or raita. Tasty and filling this Aalu Paratha recipe is not just ideal for breakfast, it's also perfect for brunch, lunch, dinner or kids' tiffin.

This Indian Potato Paratha recipe is delicious and easy to make.

Ingredients

FOR DOUGH:

- ☐ 2 cup wheat flour
- ☐ ½ tsp salt
- ☐ water, for kneading
- ☐ 2 tbsp oil

FOR ALOO STUFFING:

- ☐ 3 potato / aloo, boiled & mashed
- ☐ 1 tsp ginger paste
- ☐ 2 chilli, finely chopped
- ☐ 2 tbsp coriander, finely chopped
- ☐ ½ tsp coriander seeds
- ☐ ¼ tsp ajwain / carom seeds
- ☐ 1 tsp chilli powder
- ☐ ½ tsp cumin powder
- ☐ ½ tsp garam masala
- ☐ ¾ tsp aamchur
- ☐ ½ tsp salt

OTHER INGREDIENTS:

- ☐ wheat flour, for dusting
- ☐ oil, for roasting

Instructions

HOW TO MAKE DOUGH FOR PARATHA:

Firstly, in a large bowl take 2 cup wheat flour and ½ tsp salt. mix well. Add water as required and start to knead. Now add 2 tbsp oil and start to knead well. Knead to a smooth and soft dough. Grease oil and rest for 20 minutes.

HOW TO MAKE ALOO STUFFING FOR PARATHA:

Firstly, in a large bowl take 3 potato, 1 tsp ginger paste, 2 chilli, 2 tbsp coriander and ½ tsp coriander seeds.

Also, add ¼ tsp ajwain, 1 tsp chilli powder, ½ tsp cumin powder, ½ tsp garam masala, ¾ tsp aamchur and ½ tsp salt.

Mix well making sure all the ingredients are well combined.

Aloo stuffing is ready.

HOW TO MAKE ALOO PARATHA:

After the dough has rested for 20 minutes, knead slightly.

Now pinch a ball sized dough and roll about 4 inches in diameter.

Place a ball sized prepared aloo stuffing in the centre.

Take the edge and start pleating bringing it to the centre.

Also join the pleats together and secure tight pinching off excess dough.

Sprinkle some wheat flour and roll slightly thick.

On a hot tawa place the rolled paratha and cook for a minute.

Furthermore, flip the paratha when the base is partly cooked (after a minute).

Also, brush oil / ghee and press slightly. flip again once or twice till both the sides

are cooked properly.

Finally, serve hot aloo paratha with sauce, raita or pickle.