**Aloo Paratha**

Prep time: 15 min Cook time: 15 min

**Ingredients:**

**For the Dough:**

* ½ cup whole wheat flour (atta)
* 1 tsp oil
* Water (as needed) for kneading

**For the Filling:**

* 3 medium-sized potatoes
* ¼ tsp grated ginger
* 1 tsp finely chopped coriander leaves
* ¼ tsp cumin powder (dhaniya powder)
* ¼ tsp garam masala
* Salt to taste (low sodium)

**For Cooking:**

* Oil or ghee for roasting

**Instructions:**

**Prepare the Potatoes:**

1. Boil the potatoes until fork-tender (approximately 3-4 whistles in a pressure cooker). Let them cool slightly.

**Make the Dough:**

1. In a bowl, mix the whole wheat flour, a pinch of salt, and 2-3 drops of oil.
2. Gradually add water and knead to form a soft, non-sticky dough. Adjust the water as needed.
3. Cover the dough with a cloth and let it rest while preparing the filling.

**Prepare the Filling:**

1. Peel the boiled potatoes while still warm and mash them well in a bowl.
2. Add grated ginger, chopped coriander leaves, cumin powder, garam masala, and salt to the mashed potatoes. Mix well.

**Assemble the Parathas:**

1. Pinch a medium-sized ball from the dough and roll it into a circle about 4 inches in diameter.
2. Place a portion of the potato filling in the center of the dough circle.
3. Bring the edges together, join them in the center, and press to seal the filling.
4. Flatten the stuffed dough ball gently and dust it with some flour.

**Roll the Paratha:**

1. Using a rolling pin, roll the stuffed dough ball into a circle about 6-8 inches in diameter.

**Cook the Paratha:**

1. Heat a tawa (griddle) on medium heat and place the rolled paratha on it.
2. Cook until the base is slightly golden, then flip it over.
3. Spread a little oil or ghee on the cooked side and flip again when the second side is about half cooked. You should see brown spots forming.
4. Spread oil on this side as well and flip again a couple of times until both sides are evenly cooked and have brown spots.
5. Serve the hot aloo parathas with yogurt or your choice of chutney.