**Dal Paratha**

Prep time: 20 min Cook time: 20 min

**Ingredients:**

* 1 cup whole wheat flour (atta)
* ¼ cup whole wheat flour (for dusting)
* 1 to 2 teaspoons oil (sunflower or rice bran)
* 1 cup leftover dal (any type)
* 2 tsp finely chopped coriander leaves
* ½ tsp garam masala
* ½ tsp haldi (turmeric powder)
* ½ tsp jeera powder (cumin powder)
* ¼ tsp ajwain seeds (carom seeds)
* ½ tsp amchur powder (dried mango powder)
* Salt to taste (low sodium)
* Red chili powder to taste

**Instructions:**

**Prepare the Dough:**

1. In a mixing bowl, take the whole wheat flour.
2. Add the leftover dal in portions, along with the chopped coriander leaves, spices (garam masala, turmeric powder, cumin powder, ajwain, amchur powder, salt, and red chili powder).
3. Mix well and knead into a smooth, pliable dough. If the dough is too sticky, add a little more flour. If it's too dry, add a few drops of water or oil.
4. Cover the dough and let it rest for about 15-20 minutes.

**Roll the Parathas:**

1. Pinch a medium-sized ball from the dough and flatten it slightly.
2. Dust with a little flour and roll it into a circle about 4 inches in diameter.
3. Place a portion of the filling in the center and bring the edges together to enclose the filling. Pinch to seal and flatten gently.
4. Dust with some flour and roll into a larger circle of about 6-8 inches in diameter.

**Cook the Parathas:**

1. Heat a tawa (griddle) on medium heat.
2. Place the rolled paratha on the hot tawa.
3. Cook until the base is slightly cooked, then flip it over. Spread a little oil around the edges and on top.
4. Flip again when the second side is about half cooked. You should see some brown spots forming. Spread more oil on this side as well.
5. Flip a couple of times until both sides are golden brown and cooked evenly.
6. Serve hot with curd or your favourite chutney.