**Egg Paratha**

Prep time: 10 min Cook time: 10 min

**Ingredients:**

* 1 cup whole wheat flour (atta)
* ¼ cup wheat flour (for dusting)
* 2 eggs
* 2 tsp oil (sunflower or rice bran) + extra for cooking
* ½ tsp red chili powder
* ½ tsp garam masala powder
* 2 tsp coriander leaves, finely chopped
* Salt to taste (low sodium)
* Water as required for kneading

**Instructions:**

**Prepare the Dough**

1. In a bowl, combine whole wheat flour, salt, and 1 tsp oil.
2. Add water in portions and knead into a smooth, pliable dough.
3. Cover and let it rest for 10 minutes.

**Roll the Paratha**

1. Pinch a medium-sized ball from the dough and roll it into a circle of about 4-5 inches in diameter.
2. Bring the edges together, join them in the center, and press gently.
3. Flatten, dust with some flour, and roll again into a larger 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. When the base is slightly cooked, flip it and spread some oil.
3. Flip again when the second side is half-cooked. You should see brown spots. Spread some oil on this side too.
4. Flip a couple of times until both sides are evenly cooked and golden brown. Set aside.

**Prepare the Egg Mixture**

1. In a bowl, whisk the eggs with red chili powder, garam masala, salt, and chopped coriander leaves.

**Cook & Serve**

1. Heat a pan and add 1 tsp oil. Pour half of the egg mixture into the pan and spread it slightly.
2. When the egg is half-cooked, carefully place the cooked paratha over it.
3. Press gently for a few seconds, then flip to cook the other side.
4. Cook for another 30 seconds until the egg is fully set and well combined with the paratha.
5. Serve hot with curd, or mint chutney.