**Gobhi Paratha**

Prep time: 20 min Cook time: 20 min

**Ingredients:**

**For the Dough:**

* 1 cup whole wheat flour (atta)
* ¼ cup wheat flour (for dusting)
* 1 to 2 tsp oil (sunflower or rice bran)
* ½ cup water (or as required)
* Salt to taste (low sodium)

**For the Stuffing:**

* 1 cup gobi (cauliflower), finely grated
* 1 green chili, finely chopped
* 2 tsp coriander leaves, finely chopped
* ½ tsp garam masala
* ½ tsp haldi (turmeric powder)
* ½ tsp amchur powder (dry mango powder)
* Salt to taste (low sodium)
* Red chili powder to taste
* 1 tsp ginger, grated
* 1 tsp oil

**For Cooking:**

* Oil or ghee for roasting

**Instructions:**

**Prepare the Filling**

1. Heat 1 tsp oil in a pan.
2. Add grated ginger and sauté for a few seconds.
3. Add the grated gobi and sauté for 5 minutes until slightly soft.
4. Mix in all the spices—garam masala, haldi, amchur powder, salt, and red chili powder.
5. Sauté well until the gobi is cooked and the moisture evaporates.
6. Turn off the heat, add chopped coriander leaves, and let it cool.

**Prepare the Dough**

1. In a mixing bowl, take whole wheat flour, salt, and oil.
2. Add water in portions and knead into a smooth, pliable dough.
3. Cover and let it rest for 30 minutes.

**Assemble the Paratha**

1. Once the stuffing has cooled, mix in the chopped green chili.
2. Pinch a medium-sized ball from the dough and roll it into a small 4-inch circle.
3. Place a portion of the gobi stuffing in the center.
4. Bring the edges together, seal in the center, and flatten gently.
5. Dust with flour and roll again into a 6-8 inch paratha.

**Cook & Serve**

1. Heat a tawa (griddle) on medium heat.
2. Place the rolled paratha on the hot tawa and cook until the base is slightly cooked.
3. Flip and spread some oil or ghee on the cooked side.
4. Flip again when the second side is half cooked and apply oil/ghee.
5. Cook until both sides have golden brown spots, flipping a couple of times to ensure even cooking.
6. Serve hot with curd.