**Onion Paratha**

Prep time: 15 min Cook time: 15 min

**Ingredients:**

* 2 cups whole wheat flour (atta)
* 1 to 2 teaspoons oil (Sunflower or Rice bran)
* ½ teaspoon low sodium salt (or as required)
* ½ cup water (or as required)
* 1 large onion – finely chopped
* 1 green chili – finely chopped
* 2 tbsp chopped coriander leaves (optional, for flavor)
* ½ teaspoon garam masala
* ½ teaspoon red chili powder
* Additional salt (for stuffing)

**Instructions:**

**Prepare the Dough:**

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

**Prepare the Filling:**

1. In a bowl, mix chopped onions, green chili, coriander leaves (if using).
2. Set aside until ready to use.

**Roll and Stuff:**

1. Divide the dough into equal-sized balls.
2. Roll out one dough ball into a 4-5 inch diameter circle.
3. Place a spoonful of onion mixture in the center.
4. Sprinkle red chili powder, garam masala, and salt over the stuffing.
5. Bring the edges together and seal in the center.
6. Flatten slightly, dust with flour, and roll into a 6-8 inch diameter paratha.

**Cook the Paratha:**

1. Heat a tawa (griddle) on medium heat.
2. Place the rolled paratha on the tawa and cook until lightly golden on one side.
3. Flip and spread a few drops of oil over the surface.
4. Flip again and repeat the oiling process on the other side.
5. Continue flipping and pressing gently until both sides are evenly golden brown with dark spots.
6. Serve hot with curd.