**Plain Paratha**

Prep time: 10 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)

**Instructions:**

**Prepare the Dough**

1. In a bowl, take whole wheat flour, salt, and oil.
2. Add water gradually and start mixing the dough.
3. Knead into a smooth and pliable dough. If needed, add a few drops of water to adjust the consistency.
4. Cover and let the dough rest for 15-20 minutes.

**Rolling the Paratha**

1. Take a medium-sized ball from the dough.
2. Flatten and lightly dust with flour to prevent sticking.
3. Using a rolling pin, roll the dough into a 4-inch diameter circle.
4. Spread 2-3 drops of oil on the surface.
5. Fold the dough in half and apply a few drops of oil again.
6. Fold it again into a triangle, dust with some flour, and roll into a 6-7 inch circle.

**Cooking the Paratha**

1. Heat a tawa (griddle) on medium heat.
2. Place the rolled paratha on the tawa.
3. Flip when the base starts to cook (light golden spots appear).
4. Spread a few drops of oil and flip again when the second side is half-cooked.
5. Cook until brown spots appear on both sides, flipping a couple of times.
6. Remove from heat and serve hot with curd.