



Gobi Paratha

Ingredients

Dough

- 200 g wholewheat flour
- ½ tsp salt
- 1 tbsp sunflower seed oil
- 100 ml water
- 150 g cauliflower, grated
- 1 tsp red chilli powder
- 1 tsp chaat masala
- Salt to taste
- ½ tsp cumin powder
- 1 tbsp chopped fresh coriander
- 4 tsp soft margarine (optional)

Salsa (Optional)

- 2 tomatoes, deseeded & finely diced
- 1 bunch of wansoy, roughly chopped (optional)
- 3 cloves garlic, finely chopped
- 1 tsp Sriracha sauce
- Salt and pepper to taste

Method

Dough

- To make dough, mix wholewheat flour, salt and oil together. Gradually add water and knead to form a soft dough.

- Leave covered with a moist cloth for 20 minutes.

- Prepare stuffing by mixing together cauliflower, salt and spices.

- Divide dough and stuffing into four portions.

- Form each portion of dough into a ball and create a pocket for the stuffing.

- Fill pocket with cauliflower mixture. Seal the dough ball.

- Flatten each ball using a rolling pin to make a flat round.

- Heat a flat griddle pan (tava). Brush both sides of the flatbread with soft margarine and cook till golden brown.

Serve hot.

Salsa

- In a bowl, add the tomatoes, wansoy, garlic, and Sriracha sauce. Mix well.
- Add salt and pepper to taste. Serve on the side with Gobi Paratha.

Nutritional Information

Energy

Total servings



1000 kcal

Per serving



250 kcal

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