



Gobi Paratha

Nutritional Information

Energy

Cost of Total servings

Cost Per serving

Total servings

4

1000 kcal

\$3.80

\$0.95

Per serving

1

250 kcal

Ingredients

Dough

- 200g wholewheat flour
- ½ tsp salt
- 1 tbsp sunflower seed oil
- 100 ml water
- 150g 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.

*TIP: Toaster may be used if oven is not available. However, cooking time may be longer.

