



## Ingredients

1 & 1/2 cups wheat flour  
1 & 1/2 cups grated cauliflower  
2-3 green chilies, chopped  
1/2 tsp chilli powder  
1 tsp grated ginger  
1/2 tsp carom seeds (omum seeds)  
2-3 tbsp coriander leaves, chopped  
1 tsp ghee  
Salt to taste  
1-2 tbsp ghee for frying

## Nutrients

Approx. calories per serving: 151 kcal

## Procedure

For the stuffing, mix the coriander leaves, ginger, green chilies, chili powder and salt with the cauliflower. For the parathas, add salt, carom seeds and ghee to the flour and knead into a dough with the required quantity of water. Cover and keep aside for 30 minutes. Divide the dough into 5 portions.

On a well floured surface, roll out each portion into a 3" circle and place approximately 1 tbsp of the cauliflower stuffing in the center. Seal the edges and shape into balls. Gently roll out each ball into 5" diameter paratha. Preheat a 24 cm Skillet on medium heat until the Thermo Indicator reaches the green mark.

Reduce the heat and place the paratha in it. Cook on one side for 1-2 minutes. Flip over and cook the other side until lightly browned. Apply a little ghee on both sides and remove immediately. Wipe off the residue oil and fry the remaining parathas. Serve hot with a chutney or raita of your choice.