



ALOO PARATHA

Cook Time	20
Prep Time	5
Serves	4-6

Ingredients (Contd.)

BMC Chaat Masala	1 tsp
BMC Red Mirch Powder	1 tsp
Finely Chopped Green Chilies	1 tbsp
BMC Garam Masala	1/2 tsp
Finely chopped Onion	1/4 cup
Finely chopped Cilantro/ Coriander	2 tbsp
BMC Carom Seeds (Ajowain)	1/4 tsp
Other Ingredients	
Ghee or oil for frying	
Extra wheat flour for rolling	

Preparation

Step 1

Mix the flour and salt, and add water to knead to a smooth, soft dough. Cover and let the dough rest for 15-20 minutes.

Step 2

Take mashed potato in a big mixing bowl. Add the stuffing ingredients one by one and mix well.



Ingredients

Whole wheat flour	2 cups
Salt	To taste
Water	As required
For the Stuffing	
Boiled and mashed Potatoes	2 cups
BMC Pomegranate Powder	1/4 tsp
Crushed Coriander Seeds	1/4 tsp
BMC Carom Seeds (Ajowain)	1/4 tsp
BMC Dry Mango Powder (Amchoor Powder)	1 tbsp

Add spices or salt as per taste. Divide the stuffing, as well as the dough into balls of approximately equal size

Step 3

For each dough ball, add a little dry flour and roll each into 4 inch diameter circle. Place one potato ball in the center, gather the edges and pinch it into the center to seal it properly.

Step 4

Flatten, and again dip into dry flour and roll it into a normal size of roti/ chappati.

Step 5

On the hot tava/ non-stick pan place the rolled paratha. The pan should be hot. Cook the base side for 2-3 minutes and flip. Ghee or oil can be added to make a crispy paratha.

Step 6

Flip again once or twice until both the sides are cooked properly. Press the edges with the spatula or spoon, so that it fries well. This process is to be repeated for each paratha.

Step 7

Serve the parathas hot with generous dollops of butter, pickle and plain yogurt.