DietCloud – Recipe

Recipe Name: Chilli Cheese Paratha Recipe

Diet Type:

Course: Dinner

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 200 grams Britannia Cheese Block - grated	4
• 6 Green Chillies - finely chopped	
• 2 Onions - finely chopped	
• 1/2 cup Mint Leaves (Pudina)	
• 2 teaspoon Cumin powder (Jeera)	
• 2 cups Whole Wheat Flour	
• 2 teaspoon Kalonji (Onion Nigella Seeds)	
• Salt - to taste	
• Ghee - to smear while cooking	

Preparation

• To begin making Chilli Cheese Paratha Recipe, into a mixing bowl add the grated cheese, green chillies, onions, mint leaves, cumin powder and mix well to combine.
• Keep aside.

• To make the dough, into a mixing bowl add the wheat flour, kalonji seeds, salt to taste and add little water at a time and knead to make a smooth dough.
• Divide the dough into large lemon size portions and keep aside.

• Place a large tablespoon of the stuffing in the center of the circle.

• Bring the edges together and seal the dough.

• Warm the paratha for a few seconds on both sides.

• Drizzle half a teaspoon of ghee on one side and then flip and spread ghee again on the other side.

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Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)