

Recipe Name: Kaddu Palak Roti Recipe (Pumpkin Spinach Flat Bread)

Diet Type: Vegetarian

Course: Indian Breakfast

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Whole Wheat Flour	3
• 1 cup Spinach - chopped	
• 1 cup Kaddu (Parangikai/ Pumpkin) - grated (red one preferably)	
• 1 teaspoon Red Chilli powder	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1/2 teaspoon Coriander Powder (Dhania)	
• 1/2 teaspoon Cumin seeds (Jeera)	
• 1/4 teaspoon Salt	
• Water - as required for dough	
• Sunflower Oil - as required for rotis	

Preparation

- To begin making the Kaddu Palak Roti recipe, wash the spinach leaves in cold water and chop them finely.
- Remove the skin from pumpkin and grate them.
- In a large bowl, add flour, pumpkin, spinach, spice powders, and salt.
- Combine them well.
- Add water little.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
350	10	60	10	8	5