

Recipe Name: Nutty Aloo Paratha Recipe

Diet Type:

Course: North Indian Breakfast

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Whole Wheat Flour	4
• 1 cup Spinach Leaves (Palak) - pureed	
• Water - as required to make pliable dough	
• 3 Potatoes (Aloo) - boiled and mashed	
• 1/2 cup Paneer (Homemade Cottage Cheese) - crumbled/grated	
• 1 tablespoon Coriander (Dhania) Leaves	
• 1/2 teaspoon Garam masala powder	
• Salt - to taste	
• 1/2 teaspoon Cumin powder (Jeera)	
• 1 teaspoon Red Chilli powder - or 2 chopped green chillies	
• 1-1/2 tablespoon Mixed nuts - chopped	
• 1 tablespoon Raisins	
• Ghee - to smear	

Preparation

- To begin making Nutty Aloo Paratha Recipe, first knead the dough and keep it aside.
- In a Mixing bowl, bring together wheat flour, water, and spinach puree (if using) to a soft pliable dough by kneading well.
- Few drops of ghee or oil can be added if required.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
350	10	50	15	4	2