

Recipe Name: Mushroom Paratha Recipe
Diet Type: Vegetarian
Course: Lunch
Cuisine: North Indian Recipes
Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Whole Wheat Flour	4
• 2 teaspoons Sunflower Oil	
• Salt - to taste	
• Ghee - to cook parathas	
• 250 grams Button mushrooms - chopped	
• 1 Onion - finely chopped	
• 1 teaspoon Cumin seeds (Jeera)	
• 1 teaspoon Garam masala powder	
• 2 Green Chillies - finely chopped	
• 1/4 teaspoon Turmeric powder (Haldi)	
• Ghee - or oil for cooking	

Preparation

- To begin making the Mushroom Paratha Recipe, take all the ingredients meant for dough into a large mixing bowl.
- Add a little water at a time to make a soft and smooth dough.
- Cover the dough 30 minutes until we get the filling ready.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
350	10	45	15	4	2