

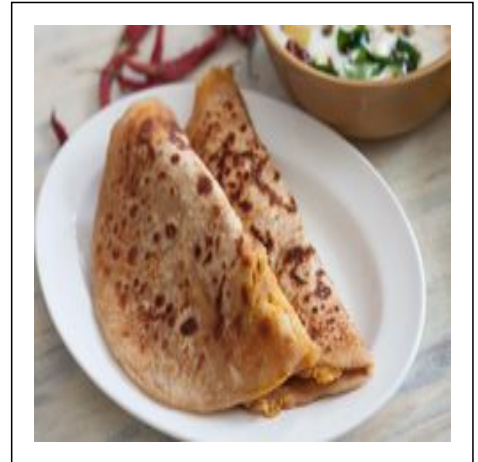
Recipe Name: Stuffed Arbi Paratha Recipe

Diet Type:

Course: Lunch

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 500 grams Colocasia root (Arbi) - boiled and peeled	4
• 1 Green Chilli - chopped	
• 1/2 teaspoon Cumin powder (Jeera)	
• 1 tablespoon Coriander Powder (Dhania)	
• 1 teaspoon Red Chilli powder	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1 tablespoon Garam masala powder	
• 1 teaspoon Amchur (Dry Mango Powder)	
• Salt - to taste	
• 2 sprig Coriander (Dhania) Leaves	
• 1 cup Whole Wheat Flour	
• 1 tablespoon Sunflower Oil	
• Salt - a pinch	

Preparation

- In a large bowl add in 2 cups of whole wheat flour and some salt.
- Use your fingers and stir in the salt into the flour.
- Add little water at a time and knead to make soft, pliable.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
320	10	45	12	4	2