

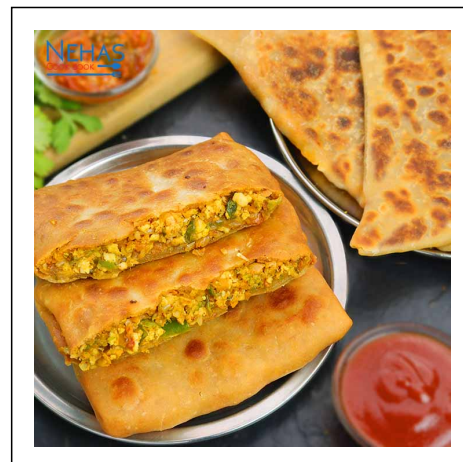
Recipe Name: Veg Mughlai Paratha Recipe

Diet Type:

Course: Lunch

Cuisine: Mughlai

Quantity:



Ingredients

Ingredient	Quantity
• 2 cups Whole Wheat Flour	4
• Salt - to taste	
• 1 teaspoon Sunflower Oil	
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• 1 Onion - finely chopped	
• 1 Red Bell pepper (Capsicum) - finely chopped	
• 1 Green Bell Pepper (Capsicum) - finely chopped	
• 1 Carrot (Gajjar) - grated	
• 5 cloves Garlic - finely chopped	
• 1 inch Ginger - finely chopped	
• 2 Green Chillies - finely chopped	
• 2 cups Paneer (Homemade Cottage Cheese) - grated	
• 1/2 teaspoon Garam masala powder	
• 1 teaspoon Fennel seeds (Saunf) - crushed	
• 1 teaspoon Red Chilli powder	
• 1/4 cup Mint Leaves (Pudina) - finely chopped	
• Salt - to taste	
• 1/4 cup Whole Wheat Flour	
• 2 tablespoons Water	

Preparation

- To begin making the Veg Mughlai Paratha Recipe, get all the ingredients ready and prepped up.
- For dough, in a large mixing bowl, add the flour, salt and mix well to combine.
- Add a little water at a time to make a smooth dough.
- Once the dough has come toget.



Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	10	60	15	4	5

