

Recipe Name: Stuffed Palak Paneer Paratha
Diet Type: Vegetarian
Course: Indian Breakfast
Cuisine: Indian
Quantity: 1 piece



Ingredients

Ingredient	Quantity
• 2 cups Whole Wheat Flour	4
• Water - as needed	
• Salt - a pinch	
• 1 teaspoon Sunflower Oil	
• 1 cup Paneer (Homemade Cottage Cheese) - grated/crumbled	
• 2 cups Spinach Leaves (Palak) - finely chopped	
• 2 tablespoons Kasuri Methi (Dried Fenugreek Leaves) - crushed	
• 2 teaspoon Red Chilli powder	
• 1/4 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Amchur (Dry Mango Powder)	
• 1 teaspoon Cumin powder (Jeera)	
• Salt - to taste	
• Nutralite Classic Spread - to cook parathas	

Preparation

- To begin making the Palak Paneer Paratha Recipe, knead a soft yet pliable dough using the ingredients listed in dough making and set aside for 20 minutes.
- Meanwhile, mix all the above ingredients mentioned in palak paneer filling section well.
- Give it a ta.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
320	15	40	12	4	5