

Recipe Name: Palak (Spinach) Puri Recipe
Diet Type:
Course: Indian Breakfast
Cuisine: Indian
Quantity: 1 serving



Ingredients

Ingredient	Quantity
• 1 cup Whole Wheat Flour	3
• 20 Spinach Leaves (Palak) - chopped	
• 1/4 inch Ginger - peeled and chopped	
• 1 Green Chilli - chopped	
• 1 teaspoon Cumin powder (Jeera)	
• 1 tablespoon Water	
• 2 tablespoon Sunflower Oil - more to deep fry	

Preparation

- To begin with the Palak Puri Recipe, first chop spinach, ginger and green chilies and boil them together.
- After boiling strain the water and leave it aside for 15 minutes till the water is drained.
- After cooling, take the boiled contents from the strainer and add to a mixer and make a thin puree.
- Do not add water, just make a puree.
- Now in a mixing bowl add Vivatta whole wheat flour and the prepared pure, add some oil to the flour, cumin powder and salt.
- Mix them to together to make dough.
- Do not add excess water as palak will release water on its own.
- Now cover the dough with a muslin cloth and keep it aside for 30 minutes.
- After 30 minutes again, mould the dough and make small marble sized balls.
- Make small balls out of the dough and dust the rolling table with whole wheat flour and flatten the puris with the rolling pin.
- See to that you make small thick size round out of the dough.
- When oil gets heated, gently add a flattened puri.
- Using a frying spoon or slotted spoon gently press the puri, put some hot oil on top and move in a



circular way.

- You will notice that the puri gets puffed and rises up.
- At this point, turn it to the other side and fry till it turns golden brown.
- Do not keep the puri in oil for more than 2 Minutes else it will become brittle.
- Drain it on kitchen towel.
- Continue the deep frying process for all the other flattened puris.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	5	30	12	3	1

