

Recipe Name: Rajgira Paneer Paratha Recipe (Navratri Fasting/Vrat Recipe)

Diet Type: Vegetarian

Course: Lunch

Cuisine: North Indian Recipes

Quantity: 1 serving



Ingredients

Ingredient	Quantity
• 1 cup Rajgira Flour (Amaranth Flour)	4
• 2 Potato (Aloo) - boiled	
• 1 cup Paneer (Homemade Cottage Cheese) - grated	
• 2 Green Chillies - finely chopped	
• 1 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Cumin powder (Jeera)	
• 2 sprig Coriander (Dhania) Leaves - finely chopped	
• 1/2 teaspoon Whole Black Peppercorns - ground	
• Salt - or rock salt to taste	
• Sunflower Oil - or ghee for cooking	

Preparation

- The rajgira flour is little hard to work with since it does not contain gluten so make sure to have enough flour to dust while rolling the dough.
- Divide the dough into equal portions and roll it onto a board.
- Heat a Flat bottomed pan and add the rolled paratha with some ghee and cook it on both the sides for about 2 minutes.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	8	35	10	4	2