

Recipe Name: Onion Thepla Recipe
Diet Type:
Course: Lunch
Cuisine: North Indian Recipes
Quantity:



Ingredients

Ingredient	Quantity
• 2 cups Whole Wheat Flour	4
• 2 Onion - finely chopped	
• 1 Green Chilli - finely chopped	
• 1 inch Ginger - finely chopped	
• 3 cloves Garlic - finely chopped	
• 2 teaspoon Garam masala powder	
• 2 teaspoon Amchur (Dry Mango Powder)	
• 1 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Black pepper powder	
• Salt - to taste	
• 1 tablespoon Sunflower Oil - for the dough	
• Ghee - or oil for making the Theplas	

Preparation

- To begin making the Onion Thepla Recipe, we will first heat a kadai with oil, add cumin seeds and allow it crackle for few seconds.
- Add in ginger and garlic and saute till they turn soft, add chopped onions and cook until they turn golden brown.
- Once done add green chilies and all the spice powders like the garam masala powder, amchur powder, turmeric powder, pepper powder and salt to taste and mix well, cook for another few minutes till well combined and cooked and turn off the heat.
- Add water little by little and form a firm dough which is not sticky.
- Rest for at least 10 minutes and shape them into medium sized balls.
- Dust it with wheat flour and roll it gently to make a Thepla.
- The diameter of the thepla depends on how thin or thick you want it to be.
- Repeat the same process with the remaining dough portions.



- Preheat the skillet on medium flame.
- Place the rolled thepla gently on it and cook on both sides, using oil or ghee till the thepla have brown spots on either side.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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