

Recipe Name: Mughlai Keema Paratha Recipe
Diet Type:
Course: Main Course
Cuisine: Mughlai
Quantity:



Ingredients

Ingredient	Quantity
• 3 Whole Eggs	4
• 1 cup All Purpose Flour (Maida)	
• 1 cup Whole Wheat Flour	
• 2 tablespoons Rice flour - to make it crisp	
• 1 tablespoon Ghee - or oil	
• 1 teaspoon Salt	
• Water - as required to knead	
• 500 grams Mutton - minced	
• 1 Onion - finely chopped	
• 5 cloves Garlic - garlic	
• 1 inch Ginger - minced	
• 2 Green Chillies - finely chopped	
• 3 Mint Leaves (Pudina) - finely chopped	
• 5 sprig Coriander (Dhania) Leaves - finely chopped	
• 4 tablespoon Curd (Dahi / Yogurt) - whisked	
• Sunflower Oil - as required	
• 1 tablespoon Coriander Powder (Dhania)	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 2 Cardamom (Elaichi) Pods/Seeds	
• 3 Cloves (Laung)	
• 4 Whole Black Peppercorns	
• 4 Dry Red Chillies	
• 1 inch Cinnamon Stick (Dalchini)	
• 1 Black cardamom (Badi Elaichi)	
• 1 teaspoon Mace powder	
• 1/2 teaspoon Ajwain (Carom seeds)	

Preparation



- To begin making the Mughlai Keema Paratha recipe, we will first make the dough.
- Knead well and bring the dough together.
- Transfer to a mixer jar and grind the roasted spices into fine powder and set aside.
- To make the Keema filling for Mughlai Keema ParathaHeat a kadai on medium flame, add the oil and once the oil is hot, add in the ginger, garlic, green chillies and saute for about a minute.
- Close the lid and let the kheema cook through until soft and tender.
- Meanwhile in a separate bowl, beat the eggs and keep aside.
- Pinch a large portion of the dough, make a ball between your palms.
- We need about a 7 inch diameter rotiPlace the roti on the heated tawa.
- Immediately spread 2 to 3 tablespoon of beaten egg evenly on the roti.
- Place two tablespoons of the keema mix and place on the centre of the roti over the beaten egg.
- Now carefully close all sides of paratha to make a square, by folding the curves over the keema and towards the centre.

Macronutrients

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