

Recipe Name: Whole Wheat Spinach And Tofu Paratha Recipe

Diet Type:

Course: Indian Breakfast

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 3-1/2 cups Whole Wheat Flour	4
• 1-1/2 cups Spinach Leaves (Palak) - pureed	
• 200 grams Tofu - grated	
• 1/2 cup Curd (Dahi / Yogurt)	
• 1 teaspoon Kasuri Methi (Dried Fenugreek Leaves)	
• 3 tablespoons Dill leaves - finely chopped	
• 1/2 teaspoon Red Chilli powder	
• 1 teaspoon Cumin powder (Jeera) - (roast & ground)	
• 1 teaspoon Green Chilli Paste	
• 1 teaspoon Ajwain (Carom seeds)	
• 3 tablespoon Sesame seeds (Til seeds)	
• 1/2 teaspoon Garam masala powder	
• 1/2 Lemon - juiced	
• Sunflower Oil - to smear	
• Salt - to taste	

Preparation

- To begin making the Whole Wheat Spinach And Tofu Paratha Recipe, first combine the flour with the oil/ghee and all the other ingredients mentioned, in a big mixing bowl.
- Start kneading the dough, by adding a little water (if required) and working the dough until it comes together into a soft, pliable dough.
- Cover the dough with a damp cloth and keep it aside for 15 mins.
- After 15 mins, divide the dough into 14 to 15 equal sized balls, depending on the size of the paratha you prefer to make.
- Take one ball, dust it with flour and roll it out into a disc of preferred thickness and size that you like the parathas to be.
- Place the rolled out paratha onto hot griddle and allow it to cook until light brown spots appear on the underside and bubbles appear on top.



- Brush with oil/ghee and flip and cook the other side as well.
- Now brush the other side with oil/ghee and flip again, to ensure that both sides are uniformly browned.

Macronutrients

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