



Soya & Dal Parantha Recipe

Ingredients

- Sachet MAGGI Masala-ae-Magic (6 Grams)
- Cup Cooked Dal
- 1/2 1/2 Cup Soya Chunks
- Cup Whole Wheat Flour
- Onion
- Green Chillies (Slit)
- 1/2 1/2 Teaspoon Cumin Seeds
- 1/2 1/2 Teaspoon Ginger Paste
- Tablespoons Coriander Leaves (Chopped)
- Pinch Salt (To Taste)
- 1/2 1/2 Teaspoon Dry Red Chillies
- 1/2 1/2 Teaspoon Garam Masala Powder
- Tablespoon Oil
- Teaspoons Ghee

Instruction

1. Warm the leftover dal and soak soya granules in it for 15 minutes. Prepare ingredients as mentioned in the list.
2. In a mixing bowl mix all the ingredients, except ghee, to form smooth dough, add a little water if required.
3. Cover the dough and keep aside for 15 minutes. Divide dough into 8 equal portion and roll them out into parathas.
4. Cook the parathas on a tava, apply ghee on both the sides and cook till brown and crisp.
5. Serve hot with dahi and pickle.

Nutrition

| | |
|---------------|-------------|
| Carbohydrates | 37.84 g |
| Energy | 286.81 kcal |
| Fats | 11.06 g |
| Protein | 11.29 g |

41 Minutes

4 Serves