



Ingredients



- 1 Sachet MAGGI Masala-ae-Magic
- 1 Cup Cooked Dal
- 0.5 Cup Soya Granules
- 1 Cup Whole Wheat Flour
- 1 Onion (Chopped)
- 2 Green Chillies (Finely Chopped)
- 0.5 Teaspoon Cumin Seeds
- 0.5 Teaspoon Ginger Paste
- 2 Tablespoons Coriander Leaves
- 1 Pinch Salt (To Taste)
- 0.5 Teaspoon Red Chilli Powder
- 0.5 Teaspoon Garam Masala Powder
- 1 Tablespoon Oil
- 4 Teaspoons Ghee

Zubereitung

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.

Nährewerte an

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

-  41 Minutes
-  4 Serves