

Dal Paratha



Prep Time

Cook Time
35 min

Step 1 (5 min)

Step 2 (3 min)

Step 3 (2 min)

Step 4 (10 min)

Step 5 (15 min)

Ingredients

1. 1 cup IV dal tadka
2. 2 cups whole wheat flour (atta)
3. 1 teaspoon chili powder
4. 1 teaspoon coriander powder
5. 1 medium onion, finely chopped
6. 2 green chilies, finely chopped
7. Salt to taste
8. Water (if needed)
9. Ghee or oil for cooking

Instructions

Mixing the Dough

- 1 In a large bowl, mix 2 cups of whole wheat flour, 1 teaspoon of chili powder, 1 teaspoon of coriander powder, and salt to taste. Add 1 cup of dal tadka and mix well. If the mixture is too dry, add water little by little until a soft dough forms.



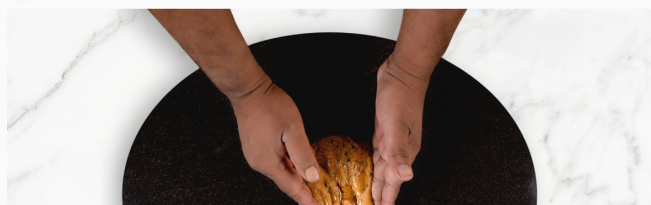
Adding Vegetables

- 2 Stir in 1 medium finely chopped onion and 2 finely chopped green chilies into the dough.



Kneading the Dough

- 3 Knead the dough well until it is smooth and pliable.





Rolling the Parathas

- 4** Divide the dough into equal-sized balls. Roll each ball into a flat, round paratha on a floured surface.



Cooking the Parathas

- 5** Heat a griddle or tawa over medium heat. Cook each paratha on the hot griddle, applying ghee or oil on both sides, until golden brown and cooked through, about 2-3 minutes per side.



- 6** A flavorful and nutritious flatbread made with whole wheat flour and leftover dal tadka, perfect for any meal.



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Made with our



Dal tadka