

Gobi Paratha



Ingredients



<i>Dough</i>	200 g	Wholewheat flour
	½ tsp	Salt
	1 tbsp	Sunflower seed oil
	100 mL	Water
	150 g	Cauliflower, grated
	1 tsp	Red chilli powder
	1 tsp	Chaat masala
	To taste	Salt
	½ tsp	Cumin powder
	1 tbsp	Chopped fresh coriander
4 tsp	Soft margarine (optional)	
<i>Salsa (Optional)</i>	2	Tomatoes, deseeded & finely diced
	1	Bunch of Wansoy, roughly chopped (optional)
	3 cloves	Garlic, finely chopped
	1 tsp	Sriracha sauce
	To taste	Salt & Pepper

Method (Dough)

1. To make dough, mix wholewheat flour, salt and oil together. Gradually add water and knead to form a soft dough
2. Leave covered with a moist cloth for 20 mins
3. Prepare stuffing by mixing together cauliflower, salt and spices
4. Divide dough and stuffing into four portions
5. Form each portion of dough into a ball and create a pocket for the stuffing
6. Fill pocket with cauliflower mixture. Seal the dough ball
7. Flatten each ball using a rolling pin to make a flat round
8. Heat a flat griddle pan (tava). Brush both sides of the flatbread with soft margarine and cook till golden brown. Serve hot.

Method (Salsa)

1. In a bowl, add the tomatoes, wansoy, garlic, and Sriracha sauce. Mix well.
2. Add salt and pepper to taste. Serve on the side with Gobi Paratha.

Nutritional information	Energy
Total servings 	1000 kcal
Per serving 	250 kcal