

Stuffed Potato Paratha

Ingredients
Makes 8 parathas

200g chapatti flour
1 cup water
Oil
(2 teaspoons butter-optional)

Filling:

8 medium potato's- boiled & mashed
1/2 bunch washed, dried & chopped coriander
1 tablespoon lemon juice
1 onion)
1 inch Knot of ginger) finely chopped
2 green chillies.)
1 teaspoon salt
1 teaspoon cumin seeds
1 teaspoon carom seeds

Preparation

1. Peel & boil potatoes
2. Wash, dry & chop coriander
3. Finely chop ginger, chillies & onion
4. Mash potatoes
5. Mix all ingredients together

Method

1. Place flour in mixing bowl
2. Add water a bit at a time whilst mixing by hand
3. Add enough water to bring dough together to medium firmness
4. Divide dough into 8 equal portions
5. Heat frying pan
6. Roll 1 dough ball to 6inch round
7. Spread 3 teaspoon filling in centre half of dough circle
8. Fold up edges of dough to enclose the filling & roll out to 8 inch circle
9. Place on frying pan
10. Once the colour changes, flip the side
11. Lightly coat with oil
12. Flip the paratha - lightly coat with oil
13. Flip the paratha cook fir 1 minute
14. Serve hot
15. Accompany with small bowl of yoghurt -- to dip & eat each bite of paratha.