

# Onion Stuffed Paratha ( Step by step procedure)

ONION STUFFED PARATHA ( Step by step procedure)



*Onion has been used as an ingredient in various dishes for thousands of years by many cultures around the world. This delicious onion paratha is a healthy dish for breakfast or lunch or dinner. They are easy to make, healthy alternative to regular chapathi. It tastes really great with raita or dal or subzi*

**Ingredients**

**For Paratha**

1 and 1/2 Cup of Wheat Flour  
1/2 Tsp of Ajwain/ Carrom Seeds  
1 Tbsp of Oil  
2 Tbsp of Chopped Cilantro  
Salt and Water as needed

### For Stuffing

1 Large onion (Finely Chopped)  
3 Tbsp of Goat cheese or Cottage Cheese  
3 Tbsp of Chopped Cilantro  
3/4 Tsp of Red Chilly Powder  
1 Tsp of Coriander Powder  
1 Tsp of Cumin Powder  
1/4 tsp of Turmeric Powder  
1/2 Tsp of Garam Masala  
1/2 Tsp of Dry Mango Powder/ Amchur Powder  
Salt as needed

### Method

### Making of Stuffing

In a bowl add all the " For Stuffing " ingredients. Mix well. Keep it aside.



### **Making of Paratha**

- Take a required water in a kettle and boil it.
- In the mean time take a wide bowl and add flour, ajwain, salt and oil.
- Now add boiled water to the bowl containing flour. Mix well with fork and make a dough like you do for chapathi's. Keep aside for 15 mins.
- Heat a tawa or chapathi pan. Meanwhile make a equally sized balls out of the dough and roll it into a circular thin paratha.
- Now add the stuffing and fold the paratha and roll into square paratha as shown in picture.



- Carefully place the paratha on the heated pan. You will see tiny bubbles rises on the surface of roti.
- Now it's time to flip the paratha with a spatula. Once first flip is done, apply oil or ghee on the upper surface and spread all over the paratha.
- Flip again in 30 secs and apply some oil. Press paratha gently with a spatula and cook till brown spots appear on both the sides of the roti.
- Onion stuffed paratha is done when both sides are brown and crispy. Remove it from pan and place it in serving dish.
- Repeat the same process with each ball of dough.





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### **Tips**

- **Serve with any dal or onion raita.**
- **Adding ajwain helps in digestion.**
- **Adding warm water to flour makes paratha soft.**
- **Add butter instead of oil.**

### **Health Benefits of Onions**

- **Rich sources of fructo- oligosaccharides. The oligomers stimulate the growth of healthy bacteria.**
- **Lowers blood lipids and blood pressure.**
- **Prevents cancers.**

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