

# SPINACH LACCHA PARATHA- STEP BY STEP PROCEDURE – BREAKFAST RECIPE



*Palak laccha paratha is a easy, nutritious and great in taste. This green colored wheat bread is cool to eyes and good to health is made with spinach puree, wheat flour and some spices. Healthy alternative to regular chapathi. It goes well with any [dal](#) , [raita](#) or [aloo mattar](#) or [Panner bhurji](#)*

## **Ingredients**

- 1 and 1/2 Cups of Wheat Flour**
- 3 Tsp of Oil**
- 1/2 Tsp of Ajwain / Carom Seeds**
- Pinch of Turmeric Powder**

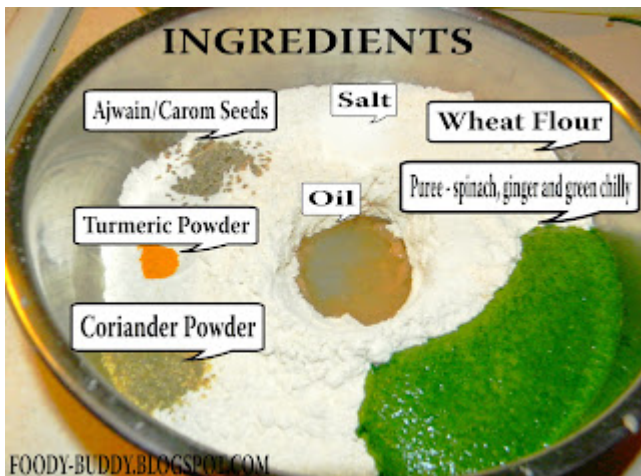
**1 Tsp of Coriander Powder**  
**Salt to Taste**

### **To Make a Puree**

**1 and 1/4 Cup of Spinach**  
**1/2 Inch of Ginger**  
**1 or 2 Green Chilly**

**Put all the ingredients in a blender and make a puree by adding 1/2 Cup of Water**

### **Method**



- **In a bowl, add wheat flour, carom seeds, turmeric powder, coriander powder, oil, spinach puree and salt.**
- **Mix well with a fork and make a dough like you do for chapathi. Keep aside for 30 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.**



- **Put 1 Tsp of Oil and spread it evenly. Sprinkle some flour on it.**



- **Pleat the roti on one side as shown in pic.**



- **Coil the pleated roti into round balls as shown in pic.**



- **Dip into flour and roll it gently.**



- **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.
- Spinach Laccha 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.
- Hot spinach laccha paratha is ready to serve.



### Tips

- Serve with any [dal](#) or onion raita or [aloo mattar](#) or [lima beans curry](#) or [Paneer Bhurji](#)
- Adding ajwain helps in digestion.
- You can also add some yogurt to makes soft paratha .
- Add butter instead of oil.

### Health Benefits for Spinach

- One cup of cooked spinach has 42 mg of calcium.
- Spinach is your best bet for folic acid, which helps

keep cells all over the body growing and functioning well.

- It's an incredible non animal protein source of iron, which delivers oxygen all over the body, providing much-needed energy to kids' muscles.
- Spinach also helps regulate blood sugar and keeps your children's hearts healthy because it's high in potassium and magnesium.



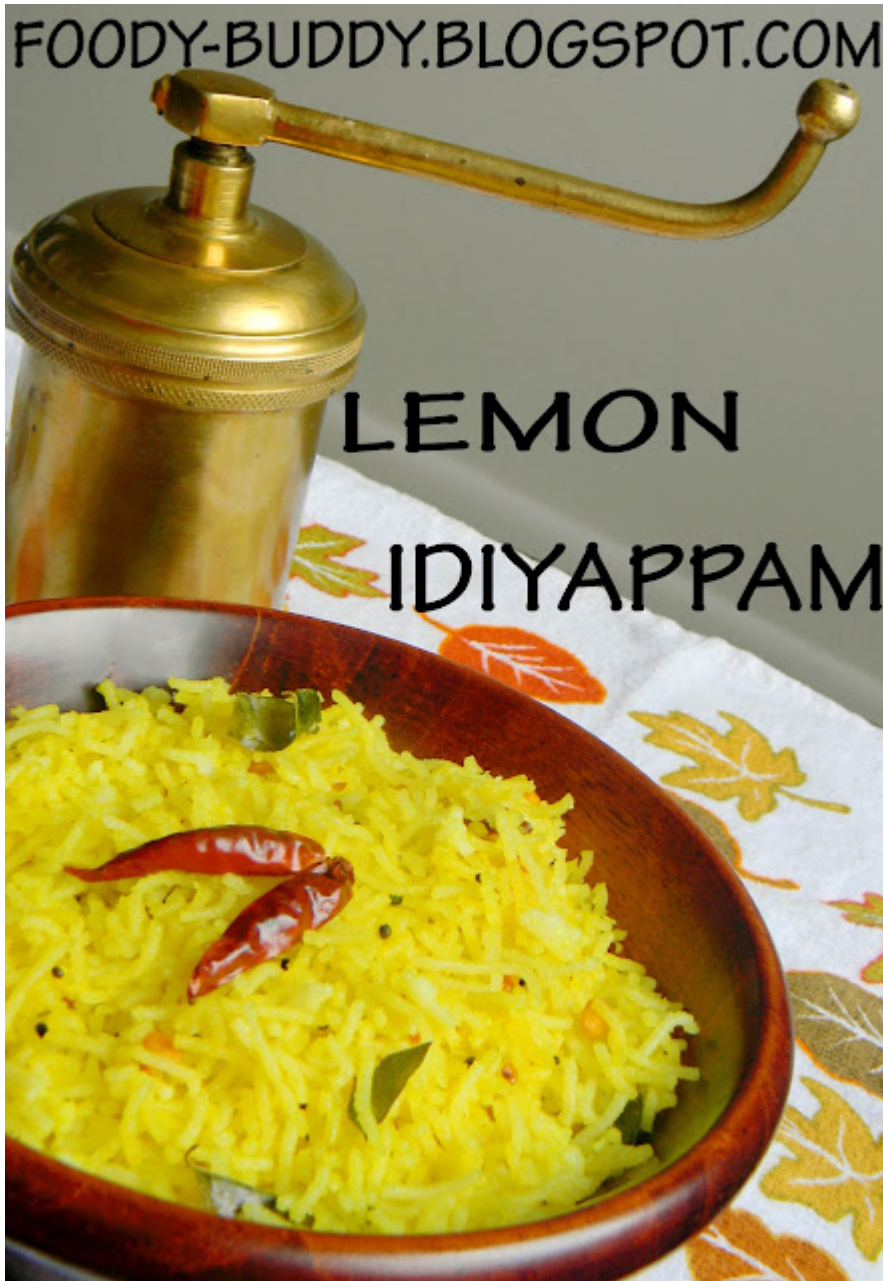
*GR*

SENDING THIS RECIPE TO [COOKING SPACE](#)  
[priya versatile recipes](#)



---

## **LEMON IDIYAPPAM/LEMON SEVAI – BREAKFAST RECIPE**



LEMON

IDIYAPPAM

*Idiyappam is a culinary specialty from southern part of India. It is a steamed food and can be served for dinner or breakfast. It is made of rice, salt and water. I already made detailed post on [how to make Plain idiyappam](#). You can make recipes from idiyappam and this recipe is a savory version in which I used lemon juice and some seasonings. Try this recipe and enjoy....*

### **Ingredients**

**2 Cups of Idiyappam**

Juice of 1 Medium Sized Lemon  
1/2 Tsp of Turmeric Powder  
Salt to taste

### To Temper

2 Tsp of Gingelly Oil  
1 Tsp of Mustard  
1 Tsp of Urad Dal  
1 Tsp of Chenna Dal  
2 Red Chillies  
Pinch of Asafoetida  
Few Curry Leaves

### Method

- In a small bowl, add turmeric powder, lemon juice and salt to it. Mix well with a fork.
- Heat oil in a pan, add mustard seeds, when they splutter, add all the rest of the ingredients listed under " To Temper " Saute for a min until dal turns golden brown.
- In a medium flame, add the lemon juice mix, give a quick stir and add [plain idiyappam](#) and mix well. Turn off the stove.
- Serve hot with coconut chutney.



### **Tips**

- **Use green chillies instead of red chillies for extra spiciness.**
- **Adjust salt and lemon juice according to your taste.**
- **Add nuts of your choice like peanuts, cashews etc**

### **Health Benefits of Steamed Lemon Idiyappam**

- **Eating steamed food helps the body to keep fit and healthy.**
- **Steamed Idiyappam are advised for sick and older people, as it doesn't give strain to the stomach.**
- **Steamed Foods are easily digestible.**
- **Lemon juice rich in Vitamin C, it is also essential for**

maintaining a fully functional immune system, aiding digestion and fighting cancer.

- Lemon juice is well known for it's antioxidants and anti-cancer properties



*GR*

---

# IDIYAPPAM / SEVAI/ STRING HOPPERS- BREAKFAST RECIPE - Step by step procedure



*Idiyappam is a culinary speciality from Tamilnadu, Kerala, coastal areas of Karnataka and SriLanka. It is made of rice, salt, oil and water. It is generally served as the main course for dinner or breakfast along with sweetened coconut milk, [vegetable korma](#) or [curry](#). I love to eat with sweetened cardomom flavored coconut milk. I make idiyappam for sunday breakfast, if I don't have dosa batter at home. Idiyappam is a steamed food and a healthy dish with less oil.*

## Ingredients

2 Cups of Idiyappam Flour or Raw Rice Flour  
2 Tsp of Vegetable Oil or Ghee  
Water as needed (1and 1/2 to 2 Cups )  
Salt to taste

## Method

- Boil water in a kettle.
- Take rice flour in a wide bowl. Add salt and oil to the rice flour. Mix well.



- Add hot water (80 degree C) to flour, mix well with a fork or wooden spatula. Let it cool for 5 mins, then knead well with your hand. If you feel your dough is dry, you can add some more oil and water and knead it again.



- **Make your dough non-sticky and it should be smooth. Keep it covered for 10 mins.**



- **Now it's time to take idiyappam press, grease well with oil on inside. Take dough in cylindrical form and place it in idiyappam press.**
- **Hand press the dough into swirls onto the greased idly plates. Steam this for 5-7 mins.**



- **After a min, take it out from the idly plate, transfer this to a casserole. Repeat the process for the rest of the dough.**
- **Serve hot with sweetened coconut milk or [vegetable korma](#) or [curry](#).**



### **Tips**

- Always grease idly plates and inner part of the idiyappam press with oil.
- Don't steam the idiyappam for a long time, as it makes idiyappam rubbery.
- You can make variety of dishes like puli idiyappam or lemon idiyappam or coconut idiyappam.

### **Health Benefits of Steamed Idiyappam**

- Eating steamed food helps the body to keep fit and healthy.
- Steamed Idiyappam are advised for sick and older people, as it doesn't give strain to the stomach.

- **Steamed Foods are easily digestible.**

*JR*

foody-buddy.blogspot.com



Hi Friends,

Thank you for reading my post. Your comments and feedback is very valuable and highly appreciated. Please leave

your valuable comments and feedback for this post. Thanks  
Gayathri.