

# 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.



### 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.**

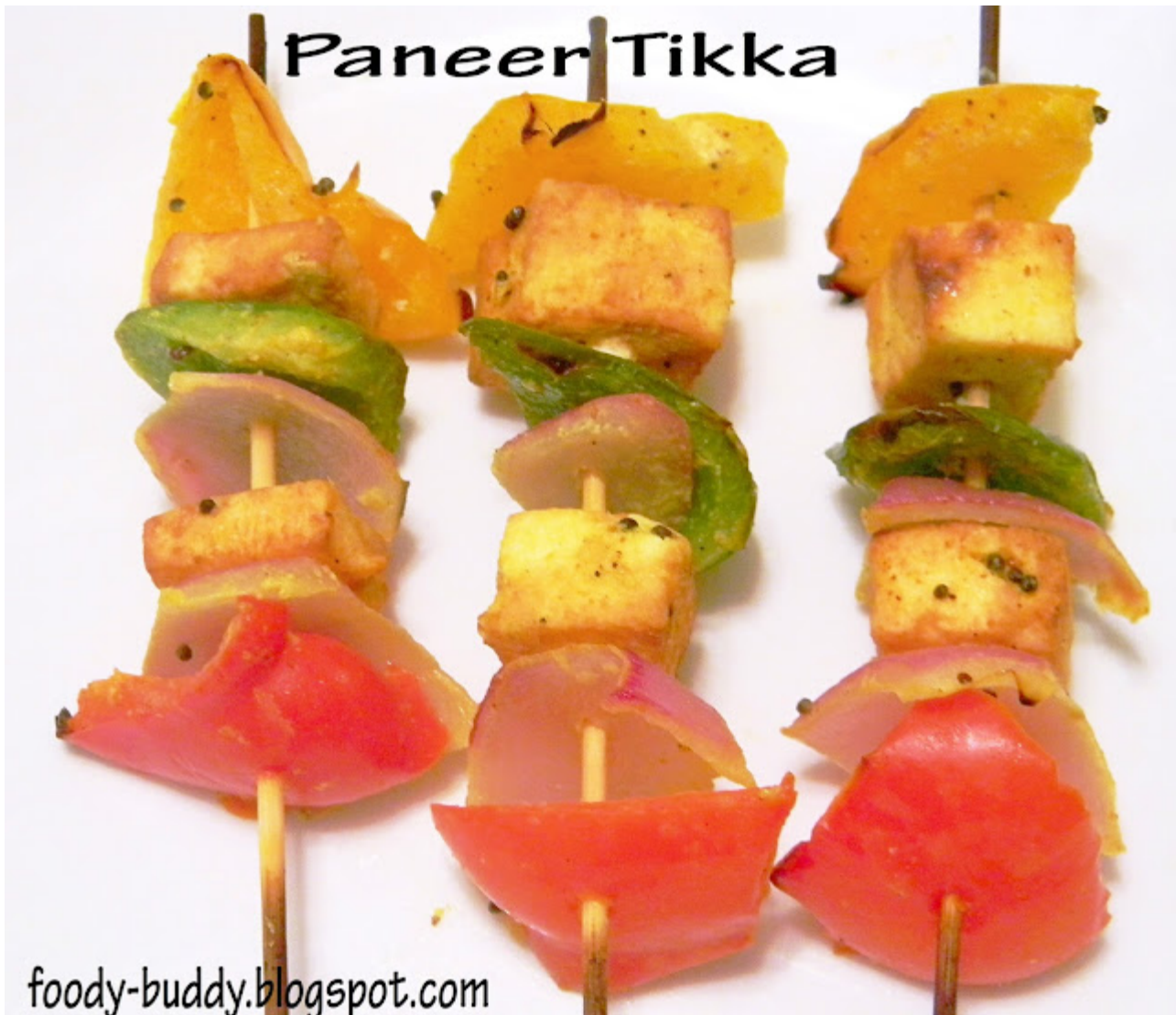
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**Onion Stuffed Paratha**



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# PANEER TIKKA | PANEER TIKKA MASALA



*Paneer Tikka is one of the popular dish in Northern Part of India. It is made from chunks of paneer, bell pepper and onion marinated in spices then arranged in a skewer and grilled in oven. It is a healthy and flavourful dish, also vegetarian alternative to chicken tikka.*

## Ingredients

**10 Slices of Onion**  
**10 Paneer Cubes ( I used Fried Paneers)**  
**8 Pieces of Red Bell Pepper**  
**8 Pieces of Green Bell Pepper**  
**8 Pieces of Yellow Bell Pepper**  
**2 Tbsp of Yogurt or Thick Curd**  
**1 Tsp of Red Chilly Powder**  
**1/4 Tsp of Garam Masala**  
**3 Drops of Lemon Juice**  
**1/4 Tsp Of Turmeric**  
**2 Tsp of Mustard Oil**  
**Salt as needed**

## Method



- Wash and cut all veggies into big cubes.
- Soak the skewers in a bowl of cold water for atleast 1-2 hrs this is just to prevent the burning of the skewers.



- In a bowl, marinate all the veggies, yogurt, red chilly powder, garam masala, lemon juice, turmeric, mustard oil and salt for about 1 hr so that all the veggies absorbs the sauce.
- Take the skewers and arrange all the veggies as shown in the picture, brush them with little oil.





- Now turn on the oven and set to high broil, arrange all the skewers in a greased pan and wait for 10-13 mins until all the veggies turns brown.
- Once done, it is ready to serve with [green chutney](#) or you can make panner tikka masala as sidedish for chapathi.



**AFTER BROIL**

**PANNER TIKKA MASALA**



*Paneer tikka masala is a delicacy from punjab, Northern Part of India. It is made from the paneer tikka, which is served as spicy gravy for [paratha](#) or [methi roti](#).*

### **Ingredients**

- 1 Chopped Onion**
- 1 and 1/2 Tsp of Ginger Garlic Paste**
- 2 Tsp of Coriander Powder**
- 1 Tsp of Chilly Powder**
- 1/4 Tsp of Turmeric Powder**
- 1 Tsp of Cumin Powder**
- 1 Chopped Big Tomato**
- 1 Tsp of Yogurt/Curd**
- Marinated and broiled Tikka Vegetables**
- 2 Tbsp of Chopped Cilantro leaves**
- 1/4 Tsp of Sugar**
- 1/4 Tsp of Garam Masala**
- 1/2 Tsp of Dried Methi Leaves**

1 Clove  
1 Medium Size Cinnamon Stick  
1 Cardamom  
1 Bay Leaf  
1/2 Tsp of Whole Cumin  
1 and 1/2 Tbsp of Oil  
Salt as needed

## Method

- Heat a pan with oil, add cloves, cinnamon, cardamom, bay leaf, cumin, wait till it changes color.
- Add chopped onion, salt and ginger garlic paste, fry for 2 mins until raw smell vanishes.
- Take a pan away from stove, add coriander powder, red chilly powder, turmeric powder and cumin powder, fry for 30 secs.
- Now keep pan back to the stove, add little water and fry for another 30 secs.
- Add chopped tomato and fry for 2 mins and wait till oil separates.
- Add yogurt and tikka vegetables, mix well.
- Add pinch of garam masala, dried methi leaves and sugar. Check the salt and turn off the stove.
- Garnish with cilantro or coriander leaves and serve hot.

## Tips

- Good to eat with tandoori roti or [paratha](#)
- You can do paneer tikka in oven either in broil or bake mode. Also if you don't have oven do it in stove top.
- You can use either metal or wooden skewers.
- Make sure don't keep vegetables and paneer in oven for long time.
- If you don't have mustard oil, take a pan with little vegetable oil, add mustard to it, let it crackles. This can be used as mustard oil.



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## [Potato Peas Fry Recipe](#)

## Potato Peas Fry



*This Recipe is the combination of Peas and Potato. Both are rich in fiber, vitamins and good for health. This dish is very easy to make with simple ingredients which gives rich taste. This can be served with sambhar rice or any variety rice.*

### Ingredients

- 1 Large Red Potato
- 1/2 Cup of Peas
- 1 Finely Chopped Green Chilly
- 1/4 Tsp of Asafoetida
- 1 and 1/2 Tsp of Ginger Garlic Paste
- 1 Tbsp of Sambhar Powder
- Few Curry Leaves
- 1 Tsp of Fennel Seeds/ Sombu
- 1/2 Tsp of Amchur Powder
- Pinch of Garam Masala

**2 Tbsp of Cilantro or Coriander Powder**  
**Salt and Oil as needed**

## **Method**

- **Boil the potato in a microwave for 4 mins or pressure cook it. Cut potato into cubes and keep it aside.**
- **Heat a pan with oil, add sombhu or fennel ,curry leaves let it crackles. Add asafoetida to it.**
- **Take the pan away from the stove, add sambhar powder and fry for a min.**
- **Keep back the pan in a stove, add ginger garlic paste and green chilly, fry for a mins until raw smell vanishes.**
- **Add boiled potato and peas, some salt and little water. Keep it covered and cook for 4-5 mins.**
- **Add Amchur powder and garam masala, Mix well. Fry for a 1 min. Switch off the stove.**
- **Finally garnish it with cilantro.**

## **Tips**

- **Serve it with sambar rice, rasam rice or curd rice.**
- **If you don't have sambhar powder, replace it with 2 tsp of coriander powder, 1 tsp of red chilly powder and 1/2 tsp of turmeric.**
- **If you want to cook fast , precook all Veggie's in Cooker or in Microwave.**

## Potato Peas Fry



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### **Health Benefits of Potato and green peas**

- Peas are rich in vit A, K, folic acid and ascorbic acid.
- Potatoes are rich in vit A,C and fiber and good for brain function.