



Matar paratha

Tell the story of the recipe..

Ingredients

How many servings?

- 1 cup Wheat flour
- 3/4 cup Green peas
- 1 Green chilly chopped
- 1 tbsp Ginger chopped
- 1 tsp Cumin seeds
- 1 tsp Garam masala
- Salt
- Oil

Steps

How long to cook?

- 1 In a bowl, add wheat flour & 1/4 tsp salt. Prepare soft dough of wheat flour using luke warm water & keep it aside
- 2 Coarse grind green peas. In a non-stick sauce pan, add 1 tsp oil, cumin seeds, chopped green chilly & ginger. Saute for 1 min. Now, add peas, salt to taste, 1 tsp garam masala & mix well. Let it cook for 5mins.
- 3 Now, make balls out of prepared dough. Roll out small chapati of about 5 inch diameter. Add peas mix using a spoon, fold all sides to cover it. Roll out chapati & roast on greased pan till brown spots appear on both sides.
- 4 Serve hot with curd.