



## Aloo paratha with parsley chutney

Even though the name suggests a very high-calorie breakfast recipe, as usual I have added my twist to it.

Wheat flour is mixed with flax seed powder - rich source of fiber, protein, omega3 fatty acids, Vitamin B1, B6, Manganese, Magnesium, Selenium, Phosphorus, Iron, Copper, Potassium & Zinc.

Parsely is rich in Vitamin K, C, A, Folate, Iron, Calcium, Magnesium & Potassium.

### Ingredients

How many servings?

250 gms Wheat flour

1 **tbsp** Flax seed powder (roasted & ground)

2 Tomatoes medium sized

4 Potatoes medium sized - boiled

1 **cup** Parsley - chopped

2 Green Chillies - chopped

2 **tbsp** Chopped/grated ginger

Salt

Dry Mango powder

Coriander powder

Garam masala

Cumin seed powder

Olive oil

### Steps

How long to cook?

- 1 In a bowl add wheat flour, flax seed powder, 1/4 tsp salt. Knead soft dough using luke warm water. Set it aside.
- 2 Grate or mash boiled potatoes. Add 2 **tbsp** chopped parsley, 1 **tbsp** grated ginger, 1 chopped green chilly to it. Now, add salt to taste, 1 **tsp** garam masala, 1 **tsp** coriander powder, 1 **tsp** dry mango powder. Mix it well.
- 3 For chutney, roast tomatoes on gas stove directly holding with tongs. Let it cook for a while. Gently peel off skin. In a grinder jar, add these tomatoes, parsley, 1 green chilly, 1 **tsp** grated ginger, salt, 1 **tsp** cumin seed powder. Now, grind it to smooth consistency.
- 4 Make balls out of dough. Roll out small chapati and add 2 **tbsp** filling & close from all sides by wrapping & rolling it. Roll it out again into a chapati.

5 Roast it on a greased flat pan. Cook from both sides. Once brown spots appear, take it off the pan

6 Serve with parsley chutney.