



Sweet Potato Paratha

Instructions

1. Boil potatoes (cook until soft enough to be mashed).
2. Mix the flour and nigella or carom seeds in a bowl. Add a little water at a time and knead the dough by hand or in a food processor with half-moon shaped blades, by pulsing.
3. Cover dough and set it aside.
4. When potatoes are cooked, mash in a bowl or pot. Add all the rest of the stuffing ingredients and mix well.
5. Divide the dough into six balls and flatten them into dough-patties by smearing them with dry flour.
6. Add 1/6 of the filling to each patty and bring the edges together in the center to make balls.
7. Flatten them and roll them out with a rolling pin, keeping them ½ cm thick.
8. Preheat a flat griddle. Place paratha on heated griddle and cook until browned on one side. Flip and cook until browned on the other side.
9. Enjoy with any Chutney, Raita or Curry.

Ingredients

3 medium sized sweet or regular potatoes, peeled and cubed

¼ tsp turmeric

¼ tsp garam masala

¼ tsp cumin powder, regular or roasted

2 Tbsp chopped green onion

1 Tbsp chopped cilantro

1 tsp lemon juice

½ tsp salt

Dough:

2 cups whole wheat flour

1 cup water

¼ tsp Nigella seeds or Carom seeds (optional)