Stuffed Parathas

**Season:** Winter  
**Type:** Bread  
**Difficulty:** Medium  
**Serves:** 4 or 15 tastes  
**Fresh from the garden:** cabbage, carrot, shallots, lemon  
**Recipe source:** The All around the World Cookbook

Parathas are a type of Indian Flatbread.

<table>
<thead>
<tr>
<th>Equipment:</th>
<th>Ingredients:</th>
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| Vegetable Peeler  
Knife  
Chopping Board  
Bowls  
Frypan  
Wooden spoon  
Spoon measures  
Scales  
Measuring jug  
Small saucepan  
Blender  
Juicer  
Rolling pin  
Pastry Brush  
Egg Flip | **Stuffing**  
2 large potatoes  
100 grams cabbage  
2 large carrots  
4 shallots  
1 tablespoon olive oil  
½ lemon  
2 teaspoons mild curry powder  
1 teaspoon sugar  
**Parathas**  
½ tablespoon olive oil  
½ tablespoon butter  
25 grams fresh mint leaves  
½ teaspoon cumin  
½ teaspoon chilli powder  
1 teaspoon salt  
1 teaspoon lemon juice  
100ml water  
300 grams plain flour  
Oil for frying |
What to do:

Stuffing

• Peel the potatoes and carrots and dice
• Shred the cabbage finely
• Chop shallots
• Heat oil and fry the potatoes, carrots and shallots gently for a few minutes
• Add 2 tablespoons water and cook until soft
• Add cabbage and cook for 1 minute
• Squeeze juice from ½ lemon and add to vegetables
• Add spices, sugar and salt Mix well and leave to cool

Filling

• Place oil and butter in saucepan and heat gently until melted then pour into bowl and cool
• Put the mint, spices, salt, water and lemon juice into a blender. Blend for a few seconds.
• Sieve the flour into a bowl and mix in the mint mixture and oil
• Mix to a firm dough
• Sprinkle the bench with some flour and divide into eight balls
• Knead until smooth then make a hole in the top of each ball and spoon in a little of the curry mixture. Press the edges together
• Dust with flour and gently roll out until each ball measures about 12cm wide
• Place heavy based frypan onto the heat
• Brush each paratha with oil and fry for a few minutes on each side until big brown spots appear.
• Serve with raitha and chutney
To make raitha put some plain yoghurt into a bowl and finely chop in a banana.