

Sattu ka paratha



Among the myriad flours used in Indian households, sattu is a common name. It is a good source of plant based protein, and contains other nutrients such as carbohydrates, iron, manganese and magnesium. Sattu features on the breakfast table more commonly during winters.

Ingredients: Serving: 6 parathas

For Sattu Paratha Stuffing

- ½ cup Sattu Flour
- ½ cup Finely Chopped Onions
- 1-2 Green Chillies Finely Chopped
- 7-8 Garlic Cloves Finely Chopped
- 2 inch Ginger Finely Chopped
- ¼ cup Cilantro Finely Chopped
- 1 teaspoon Lemon Juice
- ½ teaspoon Cumin Seeds
- Salt as needed

For Sattu Paratha

- 1.5 cups Jowar Flour
- Salt as needed
- Water as needed
- Ghee/Oil to Cook Parathas



Mind Your Fitness!

Method:

1. In a mixing bowl add jowar flour, salt as needed. Mix well. Add water little by little and knead it into soft pliable
2. Divide the dough into 6 large balls, equally sized. Roll the balls of dough between your palms to make it even and smooth.
3. To prepare the stuffing, in a mixing bowl add sattu flour, onions finely chopped, green chillies finely chopped, finely chopped coriander leaves, 1 teaspoon lemon juice, cumin seeds, generous pinch of asafoetida, salt as needed.
4. Mix everything well together. Make 6 equal sized balls of the stuffing and set aside.
5. To make paratha, take a ball of dough and flatten it out keeping the center thick and edges thin.
6. Place the ball of stuffing at the center and seal the dough.
7. Flatten the ball of stuffed dough and dust it in some whole wheat flour.
8. Roll it into a paratha of even thickness.
9. Cook the paratha on low flame, drizzle a few drops of ghee/oil and cook on both sides until deep golden brown spots develop.
10. Serve hot with dhaniya pudina chutney or pickle and curd