

One Meal Paratha

by Bhaktivedanta Hospital - Diet Dept.



*"Krishna is very kind.
Therefore, He has given us
his remnants of food stuff"*

Ingredients :

Wheat Flour.....	50 gms
Potatoes.....	1 medium
Carrot.....	1 small
Beet root.....	1 small piece
Paneer.....	40 gms
Noodles.....	20 gms
Green chutney.....	1 tbsp
Chat Masala.....	1 tbsp
Whole jeera.....	2 Tsp
Butter.....	1 Tsp
Salt	To taste

Accompaniment :

Curds.....	1 Cup
Roasted Jeera Pwd.....	1 Tsp
Salt	To taste

Preparation : For Parathas :

- 1.Knead wheat flour with salt to the soft consistency, cover and keep aside for 30 minutes.
- 2.Divide the dough into two equal parts.
- 3.Roll into medium size chapattis.
- 4.Keep covered.

For Filling:

- 1.Boil and smash potatoes with a dash of butter.
- 2.Add salt, little chat masala and grated beet root.
- 3.Grate paneer and carrot separately. Mix chopped coriander leaves, salt, chat masala.

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