Dinner, Indian

Spinach Flatbread with Paneer Carrot Filling

Soft whole wheat flatbreads tinted green with spinach puree and stuffed with a savoury mix of grated paneer, carrot and coriander. The batch yields four parathas, and they hold up well for hours, so they tuck neatly into a lunch box.



Low fat

35 min	214	21.4 g	0.6 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1/2 cup grated paneer (cottage cheese)
- [ ] 1/4 cup grated carrot
- [ ] 1/2 tsp ginger-green chilli paste
- [ ] 2 tbsp finely chopped coriander (dhania)
- [ ] salt (namak) to taste, restricted salt for health
- [ ] 3/4 cup whole wheat flour (gehun ka atta)
- [ ] 3 tbsp spinach (palak) puree
- [ ] 1 1/4 tsp oil
- [ ] salt (namak) to taste
- [ ] whole wheat flour (gehun ka atta) for rolling
- [ ] 2 tsp oil for cooking

Nutrition Facts

Per serving

Calories	**214**
Total fat	11.7 g
Saturated fat	Not listed
Sodium	38 mg
Total carbs	21.4 g
Fiber	4.6 g
Total sugars	0.6 g
Protein	6.6 g

Method

- [ ] 1 Tip the whole wheat flour (gehun ka atta), spinach (palak) puree, 1 1/4 tsp oil and salt (namak) to taste into a deep bowl and stir everything together.
- [ ] 2 Pour in enough water and knead into a semi-stiff dough, then set it aside.
- [ ] 3 In another bowl, mix the grated paneer (cottage cheese) with the grated carrot, ginger-green chilli paste, finely chopped coriander (dhania) and salt (namak) to taste.
- [ ] 4 Divide this stuffing into 4 equal portions and keep them aside.
- [ ] 5 Divide the dough into 4 equal portions.
- [ ] 6 Roll one portion into a 100 mm (4 inch) circle, using a little whole wheat flour (gehun ka atta) for rolling.
- [ ] 7 Place one stuffing portion in the centre, bring all the sides together over it and seal tightly.
- [ ] 8 Roll the filled ball out again into a 125 mm (5 inch) circle, using a little whole wheat flour (gehun ka atta) for rolling.
- [ ] 9 Heat a non-stick tava (griddle) and cook the paratha with a little of the 2 tsp oil for cooking until golden brown spots appear on both sides, pressing gently with a spatula, especially at the edges.
- [ ] 10 Repeat the rolling, filling and cooking with the remaining dough and stuffing to make 3 more parathas.
- [ ] 11 Serve the parathas straight away.

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- [ ] **12** To pack, wrap each paratha in aluminum foil or cling film and place it in the tiffin box.