**stuffed parathas**

Plain or stuffed parathas are from north India and a weekly or daily food eaten during breakfast lunch snack or even picnics.

So much variety similar to a cheese toasties

You can have plain / potato filling / cauliflower / onion / cheese / chocolate and whatever you fancy

Jasmin likes cheese and Simran likes chocolate with a knob of butter

Here is the recipe and pics

* In a mixing bowl, add the whole wheat flour, oil, and salt. First, mix it and then slowly add water little by little and knead into the soft dough.
* After kneading, let the dough rest for 20 minutes. Make sure you cover the dough.
* Divide the prepared dough into equal parts and roll them into smooth balls. I divided my dough into eight balls.
* In a mixing bowl, add the grated cheese, Italian seasoning, and mix it.

**Stuff and roll the cheese paratha-**

* On a dusted surface, take one ball and roll it out into a small circle, 3 to 4 inches in diameter. Do not roll it too thin. Now take about 1 to 1.5 tbsps of cheese stuffing and place it in the center. Add the filling according to your dough size.
* Bring all the edges in a pleated/folded fashion towards the center / or press the excess dough and flatten it.
* Now using the rolling pin, evenly roll the paratha into 6 to 7-inch circle. The paratha dimensions are to provide a rough idea. Depending upon the dough size and your preference, roll them. Also, you can roll into triangles or squares as well. Apply equal pressure when rolling.
* Use a frying pan or flat griddle to cook
* Heat an iron tawa and make sure it is hot. Make sure the heat is at medium to medium-high. Tawa should always be hot.
* Place the rolled paratha on the hot tawa. Let it cook for 30 seconds or so, spread 1/4 tsp of oil around the edges, and cook for 30 seconds.
* Now flip the parathas and spread some oil (1/4 tsp) on top of the paratha. Gently press the paratha with the spatula and cook until you see the brown spots

Ready to serve with knob of butter /pickle / salad or natural yogurt.

 

