



ALOO PARATHA (Makes 4)

Ingredients for the stuffing

- 2 medium red potatoes, peeled and roughly chopped
- 1 tablespoon extra virgin olive oil
- Large handful peas (frozen or not)
- 1/2 tsp cumin seeds
- 1/2 tsp black mustard seeds
- 1/2 red chilli, finely chopped (seeds out to remove the heat)
- 1 small red onion, finely chopped
- 1/2 teaspoon turmeric
- 1/2 teaspoon salt
- Dash of lemon juice

Ingredients for the flatbread

- 1 cup plain flour, plus extra for dusting
- 2 tablespoons extra virgin olive oil
- 1 tsp salt
- Water, as required

Method for the stuffing

Boil the potatoes & peas in a large saucepan. Drain and mash.

In a saucepan add the oil, red onions, cumin & black mustard seeds and chillies. Heat the oil until the seeds start to pop. Add the mashed potato mix and add the turmeric, salt & lemon juice. Stir well and allow to cook on a gentle heat for 5 mins, stirring throughout. Leave to cool for a few minutes.

Method for the flatbread

Combine the flour, oil, salt and enough water to make a soft dough. Knead for 5mins until the dough is smooth & firm.

Divide the dough in 4 equal sized balls. Roll each one out into a round about 5cm in diameter. Add a generous dollop of the mash onto the dough and roll the edges back up to seal the mash in, making sure that the dough is sealed tightly. Carefully roll the stuffed dough into a round about 15cm in diameter.

Heat a non stick flat pancake pan or chapati pan. Cook each paratha for 2-3 mins on each side, moving them frequently to ensure even cooking. Keep warm while cooking the rest.

Enjoy warm and fresh on their own, with a warm dahl or dipped in your favourite chutney!