

Chilli and Onion Paratha

Paratha is the name for Indian flatbread and it's one of my absolute flatbreads. This chilli and onion paratha is perfectly paired with a chicken curry.

Makes 8 paratha.

Ingredients

300g chapati/atta flour

ghee/oil of choice

1 brown onion, finely chopped

1 red chilli, finely chopped

handful fresh coriander leaves, finely chopped

$\frac{1}{2}$ tsp salt

Method

- Place the flour, salt, onion, coriander, and chilli, in a large bowl. Mix well.
- Add 150ml water, a little at a time, and stop when you have a nice soft dough.
- Once the dough has come together, knead it for 2 minutes until smooth. Cover the dough and let it rest for 10 minutes.
- Take a lime-sized portion of dough and roll it into a ball.
- Lightly coat the dough in flour. Then, use a rolling pin to flatten the ball into a circle.
- Add a drop of oil and spread it onto one side. Fold it in half and then half again.
- Lightly coat the dough in some more flour, then roll it into a thin circle. Make sure to use small movements with the rolling pin to get an even thickness.
- Add the paratha to a hot pan and cook for 2 minutes on each side. Once the paratha has started to brown, lightly spread

some oil/ghee onto both sides and cook for 1 minute on each side until golden and crispy.

– Repeat the process with the rest of the dough.

Serve with some butter to make them extra moreish.