

# Moonh Dal Paratha with Jeera Aloo

The combination of the dal paratha and the cumin potatoes makes this such a special dish.

## Ingredients

### For the Cumin Potatoes

8 small-medium Maris Piper potatoes – peeled and chopped into small bitesize pieces

2-3 tbsp sunflower oil

1 tsp cumin seeds

A few fresh curry leaves

2 red chillies

1 tsp chilli powder

1 tsp turmeric powder

1 tsp ground cumin

1 tsp ground coriander

2 tbsp water

2 large tomatoes

1 tbsp dried fenugreek leaves

### For the Paratha Dough

300g chapati flour

$\frac{1}{4}$  tsp salt

$\frac{1}{4}$  tsp chilli powder

1 onion

Good pinch fresh coriander leaves

300g moong dhal leftovers

1 tsp oil/ghee/butter

### To serve

Dollop natural yoghurt

Sprinkling chilli salt

Pickle

## Method

- Add potatoes to a pan of cold water, bring to a boil and cook for 8 minutes until softened. Drain the water.
- Add oil to a hot pan. Add cumin seeds and curry leaves.
- Slit the chillies open and add to the pan. Stir and then turn heat to low.
- Add chilli powder, turmeric powder, ground cumin, and ground coriander, and add 2 tbsp water to stop it burning.
- Chop the tomatoes and add to the pan.
- Cook over medium heat for 5 mins until they soften.
- Add the fenugreek leaves. Add boiled potatoes and toss them with the pan mix. Cook on low heat for 5-6 mins.
- Meanwhile, make the paratha dough by adding salt and chilli powder to chapati flour.
- Finely chop an onion and add to the flour.
- Add the coriander leaves and the moong dhal and mix together to create a dough.
- Add water a little at a time until it is no longer sticky. Cover and leave to rest.
- Serve the potato mix and sprinkle fresh coriander leaves over.
- Heat a pan and take a portion of the dough and roll out into a round circle (roti) shape.
- Spread a drop of oil over the top of it and then fold into a triangle shape.
- Dip in flour if it starts to get sticky. Roll it out until it is around 4-5 inches.

- Add to a hot pan and cook until it starts to bubble slightly then turn over.
- Add oil/ghee/butter and spread over the top and turn over.
- Cook on medium-high heat to create a crispy paratha.

Serve with some yoghurt, a sprinkling of chilli salt, some pickle and the potato mix. Coriander chutney or red onions in lemon juice will go well with it too!