

Top 4 parathas!

I love stuffed parathas, they are not only easy and quick to make but also quite satisfying and filling to eat, great comfort food. These can be enjoyed with raita, pickle, chutney or on its own. Also good for packed lunches and picnics as they can be prepared a bit ahead. Best to cook them in some homemade ghee but sunflower oil is a good substitute too.

So here are the fillings for my top 4 parathas.



Alu paratha – makes 2
(potato)

100 gms potatoes, boiled and grated

1/4 tsp garam masala

1/4 tsp amchur or mango powder

1/4 tsp salt

pinch of red chilli powder
1/2 tsp grated ginger
1/2 tsp grated garlic
1 tbsp chopped onions
1 tbsp fresh chopped coriander leaves
pinch of fresh chopped green chillies

Gobhi paratha – makes 2
(cauliflower)

100 gms cauliflower, grated
1/4 tsp garam masala
1/4 tsp salt
pinch of red chilli powder
pinch of fresh chopped green chillies
1/4 tsp carom seeds or ajawain
1/2 tsp grated ginger
1 tsp fresh chopped coriander leaves
1/4 tsp cumin powder

Paneer paratha – makes 2
(Indian cheese)

100 gms paneer, grated
1/4 tsp garam masala
1/4 tsp salt
pinch of red chilli powder
pinch of fresh chopped green chillies
1 tbsp fresh chopped coriander leaves
1/4 tsp black mustard seeds

Pyaaaz paratha – makes 2
(onion)

100 gms red onions, finely chopped
1 tbsp fresh chopped coriander leaves
1/4 tsp salt
pinch of red chilli powder
pinch of fresh chopped green chillies
1/4 tsp mango powder or amchur
1/2 tsp grated garlic

1/4 tsp cumin powder

1/4 tsp garam masala

And you can watch me make them on my Youtube channel 'Food with Chetna' here –

[Method for parathas](#)

The dough for the parathas is the basic chapati dough and you can watch the recipe here –

[Paratha dough](#)

Hope you will enjoy trying these parathas one or all of them.