

Potato Stuffed Paratha

550g flour, ½ plain flour and ½ wholemeal flour

25ml vegetable oil

3 tablespoons ghee or oil

For the potato filling

550g Desiree potatoes, boiled, cooled, peeled and finely grated

5 green chillies, finely chopped

2.5cm piece of ginger, peeled and finely chopped

50g coriander, finely chopped

1 red onion, finely chopped

1½ tsp black onion seeds

Greek yoghurt and mango chutney to serve



Mix together the flour, 1 teaspoon salt, the oil and 225ml water to make a stiff dough. Leave to rest for 15 minutes. Meanwhile, make your potato filling by mixing all the ingredients together with 1 teaspoon salt in a bowl. Divide the dough into 12 equal portions and do the same with the filling. Take a ball of dough, make an indent in the centre with your thumb and keep pressing and rotating the dough in your hand to make the cavity slightly larger than the size of a ball of the filling. Sit the ball of stuffing in the cavity and bring the dough together around the filling to cover it. Do not leave any cracks or the stuffing will spill out when you roll the parathas. Lightly dust the parathas with flour, gently flatten, then roll out into a circle, roughly 20cm in diameter.

Heat a heavy-based frying pan over a medium-low heat and add a rolled-out paratha. Cook dry for about 2-3 minutes on one side, then flip over and cook the other side for another 2-3 minutes. When both sides become dry and start to colour, brush with a little ghee or oil to get an even colouring and transfer to a foil-lined plate. Keep the pile of parathas warm by loosely wrapping in foil. Serve with yoghurt and chutney.