

## Pumpkin Parantha

260g wholewheat flour  
50g chickpea flour  
250g grated pumpkin  
1 small onion chopped finely  
1-2 green chillies chopped finely  
A few sprigs fresh coriander leaves chopped  
½ teaspoon cumin seeds  
1 teaspoon red chilli powder  
1 teaspoon coriander powder  
¼ teaspoon turmeric powder  
1 teaspoon ghee/ oil for adding in the dough  
Ghee/oil for frying  
Water for kneading

Mix all the ingredients together, adding a teaspoon of ghee and enough water to get a soft dough. Knead well. Cover the dough with a damp clean cloth and keep aside for 10-15 minutes. After 10-15 minutes, knead it a little more and divide the dough into small balls of equal size. Using a rolling pin and little dry wholewheat flour, roll the balls into a circular shape.

In the meantime heat a flat pan with a little ghee. Cook the paranthas in the pan, each side for 2-3 minutes. Be sure not to overcook or they will not be very soft. Once ready take them off heat and serve them hot, with butter, yoghurt or pickle, or serve them with the Pumpkin Dahl.

