

Ingredients

Quantity	Measure	Ingredients	Description
4	Medium	Chillies, Green	finely chopped
1/4	Teacup	Coriander Leaves (Kothmeer)	washed and chopped
1/2	Teacup	Flour, Gram /Chana Ata	
2	Teacup	Flour, Wheat - (Atta)	
1	Teaspoon	Garam-Masala	
1	Teaspoon	Jeera/Cumin Seeds	
1	Teacup	Spinach (Palak)	washed and chopped fine.

Method

Sieve the wheat and gram flour. Add a pinch of salt, chopped green chillies, 1 tbsp. of oil, Garam masala, chopped Kothmeer and chopped Spinach. Add warm water as needed to make a stiff dough.

Roll Parattas and fry them on a skillet, until golden brown on both sides.