Pan of Bliss
Let's cook it real slow!

# Methi Paratha (Fenugreek Leaves Flatbread)

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Prep Time 25 minutes minsCook Time 15 minutes minsTotal Time 40 minutes

## Ingredients

- 3 cups Methi leaves (finely chopped)
- 2 cups Whole wheat flour
- 1 tsp Ginger-garlic paste
- 1 tsp Carom seeds (ajwain)
- ½ tsp Cumin seeds
- 1 tsp Red chilli powder (optional)
- ½ tsp Garam masala (optional)
- 3 tbsps Curd
- ½ cup Warm water to knead the dough
- 1 tsp Oil/ghee

## Instructions

### Preparation of the dough for Methi Paratha

1. Pluck the leaves from the methi stalks allowing only the tender stalks to remain. Wash well and soak it in turmeric water or vinegar for some time. This will remove the impurities if any. Rinse a few more times. Use a colander to drain water from the leaves.I am using 3 cups of methi leaves for 2 cups of whole wheat flour.Chop the methi leaves on a cutting board. Chopping the leaves will bring out the flavours of the methi.

### Making the dough

1. 1. Make a dough in a mixing bowl with the following ingredients:Into the whole-wheat dough, add methi leaves, garlic-ginger paste, carom seeds, cumin seeds, red chilli powder, green chillies, garam masala, salt, and curd.Mix these

ingredients with your hands by adding water little by little.

2. 2. As methi leaves tend to release water, the dough can get sticky if you add too much water at once.As the dough shapes up, add 1 tsp of oil or ghee. Then, knead it again so that it no longer sticks to your hand.
3. 3. Roll it up to a round shape. Set aside for 20 minutes for the flavours to set in.Roll the methi parathas by dividing the dough into equal parts or equal-sized balls.
4. 4. Dip the methi dough balls into some loose whole wheat flour and roll them into flat parathas.Cook one by one evenly on an iron tava or pan by smearing oil on both sides. Cook till they turn light golden brown on both sides. Serve hot with white butter, curd, salad, or green chutney.

## Notes

Tips & Notes Curd or yogurt helps in making the dough softer. It can balance out the mild bitterness of the methi leaves. Use 1 boiled and mashed potato while preparing the dough as it makes the dough softer and flavourful. A pinch of kasuri methi lends flavour to the paratha. However, it is purely optional. This paratha can be made with even fewer spices because the methi leaves have a unique taste and aroma. Some of the spices like carom seeds, chilli powder, and green chillies are optional. Carom seeds are good for digestion and also add flavour to the parathas.