

Kale and Cauliflower Paratha, a Stuffed Flat-Bread

An Indian flat-bread made with whole wheat flour dough and a lightly spiced stuffing mix of healthy kale, cauliflower and aromatic roasted crushed fennel seeds. This paratha is best served for breakfast/brunch or a light meal with chutney and yogurt.



Prep Time
20 mins

Cook Time
20 mins

Servings: 6 pieces

Ingredients

For the Dough

- 2 cups Indian Atta or whole wheat flour or an equal mix of regular whole wheat flour & whole wheat pastry flour works well
- 1 tablespoon canola oil
- ½ teaspoon salt
- ½ cup water plus up to 2 tablespoon more as required

For the Stuffing

- ¼ cup kale leaves or spinach, if preferred
- ¼ cup cauliflower florets chopped in pieces
- 1 teaspoon fennel seeds or Saunf dry-roasted and finely crushed (See note)
- ½ teaspoon ground cumin
- ¼ teaspoon ground coriander
- ½ teaspoon salt
- ¼ teaspoon dry mango powder or Amchur optional, if on hand
- Oil or clarified butter/Ghee for cooking the Paratha

Instructions

To Make the Dough and Stuffing

1. In a large bowl or in food processor or stand mixer bowl, bring together whole wheat flour, oil and salt. Add water to the dough slowly and knead well for about 5-7 minutes till a soft pliable dough is formed. Food processors and stand mixers can help shorten kneading times to 4-5 minutes.
2. If you've added too much water in error, sprinkle more flour and knead it into the dough. Unlike many baked flour-based recipes, this dough is not an exact science.
3. Put the soft dough back in the bowl and cover with a damp kitchen towel for the dough to rest (dough will not rise,) while you get the stuffing mixture ready.

4. The stuffing mix can be made in a food processor by adding cauliflower florets, kale leaves, spices, salt and dry-roasted crushed fennel seeds to the bowl, and using the 'pulse or chop' mode. The stuffing should NOT become a smooth paste, but instead have a chopped/grated texture.
5. Alternately, make the vegetable stuffing by finely chopping the cauliflower florets and kale leaves, and mixing in the spices, salt and dry-roasted crushed fennel seeds.
6. Put the stuffing mixture in a kitchen towel and squeeze out some of the liquid, before making the stuffed Parathas.

To Make Stuffed Paratha

1. Roll out the dough into a log, and divide in 6 equal parts. Make dough roundels with each part.
2. Also, divide the vegetable mix into six rounds of about a teaspoon each.
3. Heat a flat cast iron griddle 'tawa' on the stovetop.
4. Dust a wooden board or a clean kitchen counter with whole wheat flour. Flatten a dough portion to a 3 inch circle. Put the vegetable stuffing in the middle of the circular dough and completely cover the stuffing with dough. (Check the pictorial above.)
5. Using a rolling pin, roll out the stuffed flat-bread into a 5-6 inch circle. Do not apply too much pressure while rolling or the stuffing will come through the dough. If it does, cover the stuffing with flour and continue rolling.
6. Add ½ teaspoon of canola oil or ghee to the hot griddle, and cook the flatbread for 2-3 minutes per side, adding more oil/Ghee as desired; the stuffing needs to cook completely and there will be a brown crust on the Paratha.
7. Repeat this step for each Paratha; keep the cooked ones warm and soft, covered in a paper/cloth kitchen towel till they are consumed.
8. Unused dough and stuffing mix can be refrigerated in an airtight container for 2-3 days.
9. Serve Kale and Cauliflower Paratha with a dab of butter, for breakfast/brunch or a light meal.

More Stuffing Ideas for Paratha

1. Spring onions; finely chopped and spiced
2. Sage and garlic mix
3. Shredded cheese with fresh herbs
4. Grated hard boiled eggs
5. Stir-fried and spiced ground meat like turkey or beef

Notes

Fennel Seeds: To dry roast whole spices like fennel seeds, roast them on a dry hot pan or griddle without any oil, till the aroma of the spice reaches you; keep an eye since they burn quickly. Crush the roasted spice with a mortar-pestle or in a spice grinder. Read more on handling whole spices in 'The Whole Truth on Whole Spices'.