

Leftover Dal Paratha Recipe | Quick & Easy Indian Paratha

Turn leftover dal into delicious Leftover Dal Paratha with wheat flour, onion, green chilies and coriander. This quick paratha is perfect for an easy homemade meal.



Prep time
10 minutes

Cook time
20 minutes

Total time
30 minutes

Servings
4

Calories
250 kcal

Ingredients

Leftover Cooked Dal	As required
Wheat Flour	As required
Green Chilies	As required, finely chopped
Onion	As required, finely chopped
Fresh Coriander	As required, finely chopped
Salt	To taste
Ghee	For cooking
Butter or Oil	Optional

Method

1. Prepare the Dough with Leftover Dal

Transfer the leftover dal to a large mixing bowl. Gradually add wheat flour according to the consistency of the dal. Next, add finely chopped green chilies, onion and fresh coriander. Season carefully with salt. Mix everything thoroughly and knead until you get a soft dough.

2. Roll the Parathas

Take a portion of the prepared dough and shape it into a ball. Place it on a rolling board and gently roll it into a paratha. Keep the thickness even so the paratha cooks properly on both sides.

3. Cook the Paratha on a Hot Tawa

Heat a tawa and place the rolled paratha on it. Allow the first side to cook lightly. Then, carefully flip it and cook the second side. Continue turning the paratha as needed so both sides cook evenly.

4. Apply Ghee and Cook Until Crispy

Apply ghee to both sides of the paratha. Alternatively, you can use butter or oil. Continue cooking and flipping until both sides become golden and crispy. Once ready, remove it from the tawa and serve hot.

Chef tips

- Check the salt in the leftover dal before adding more. Add flour gradually if the dal is thin. Finely chop the onion and chilies for easier rolling. Also, make sure the tawa is hot before adding the paratha.

Full recipe: <https://meenrazcooking.com/en/recipe/leftover-dal-paratha/>

Watch the video: youtube.com/watch?v=CSuLivp1AqY