

Carrot Stuffed Bread

Gajjar Parathas



- 1 cup wheat flour
- 2 large carrots - grated
- Salt to taste
- Sugar to taste
- 1 tsp oil, plus one more for the dough
- ½ tsp cumin seeds
- 1 tsp ginger - grated
- Chopped coriander leaves
- 1 tsp lemon juice

1. Heat oil in pan. Add cumin seeds then add ginger, carrots and salt. Mix together and fry for 3-4 minutes until cooked. Cool. Add the lemon juice.
2. Prepare the dough by mixing wheat flour with a tsp of oil and enough water to make a firm dough.
3. Roll some of the carrot mixture into a small ball and place in the middle of a ball of dough. Pinch the dough around the mixture.
4. Carefully roll the dough in a circular or triangular shape.
5. Cook on a tawa or frying pan with some of the oil for a few minutes on each side.