RECIPE | PEPPERS

SWEET PEPPER PARATHAS

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SWEET PEPPER PARATHAS

Recipe created by Tanya Anurag

DIRECTIONS

1 Ib Pure Flavor® Aurora Bites Mini Sweet Peppers, diced

- 1 cup whole wheat flour
- 1/4 cup oil, divided
- 1⁄4 cup water
- 3 tbsp mozzarella cheese
- 2 tbsp cilantro, chopped
- 1/4 tsp cumin powder

⅓ tsp red chili powder **⅓ tsp** garam masala powder Salt, to taste

6

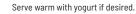
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- Spread flour on a wide plate, add dry spices and mix well.
- Add 1 tablespoon oil to the flour and mix well.
- Add peppers, cilantro & cheese and mix to combine.
- Slowly add water to the mixture until the dough comes together.
- Divide dough into 5 equal balls.

- Using a rolling pin, roll out the dough on a flat surface.
- In a skillet, heat the remaining oil on medium-high heat. Cook

dough on each side for 30 seconds. Continue until each dough is ready.





10 min 10 min PREP. COOKING







1

2

3

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