



## Avocado Paratha

We received such a positive response from our fresh guacamole recipe that we decided to find a more international avocado dish for our more adventurous fans. Paratha is an Indian flatbread that originated in Northern India and Bangladesh, and is commonly served throughout the subcontinent. This recipe adds avocado into this traditional dish, which will make it unique for all but the most seasoned chefs. Have fun!

### Ingredients

- 2 medium avocados
- 2 tbsp lemon juice
- Salt to taste
- 2 tbsp minced garlic
- Green chillies to taste, minced
- 5 sprigs chopped cilantro
- ½ tsp roasted cumin powder
- 1 tbsp vegetable oil
- 2 cups chapati flour (Whole Wheat Flour) - 2 cups (approx)
- Additional Oil - for cooking
- Additional Flour - for dusting

### Preparation Process

Peel the avocados, spoon the flesh into a large bowl and mash into a smooth paste

Add the lemon juice, salt, garlic, green chillies, cilantro, roasted cumin powder and vegetable oil to the avocados and mix

Add in the chapatti flour, ½ cup at a time, mixing thoroughly after each ½ cup, then knead everything together for an additional minute (add flour as needed if the dough ball is not consistent and firm)

Drizzle a few drops of vegetable over the dough ball to coat, then cover and let set for 15-20 minutes.

After the dough has set, knead the dough once more and roll the dough into flat circle, then cover with a dusting of chapatti flour

Heat a skillet on medium and cook each paratha individually. Cook until the paratha forms small bubbles, then flip and spread a few drops of vegetable oil on top

Flip the paratha again, pressing down with a spatula to flatten, then add a few more drops of vegetable oil

Flip one more time, continuing to press down with a spatula and cook for 30 seconds

Remove from heat and place in a covered heating container. Repeat process until all the parathas are cooked. The recipe will yield 15-16 parathas.

Serve plain or with yogurt.

If you want to watch the video again. Click [here](#).