



PARVEEN'S INDIAN KITCHEN

CAULIFLOWER PARATHAS WITH KATCHUMBER



INGREDIENTS

500g chapatti flour
350ml tepid water
50g butter

FOR THE FILLING

500g potatoes, peeled and cut into 2cm cubes
2 tbsp vegetable oil
1 onion, finely diced
250g cauliflower, grated
1 tsp cumin powder
1 tsp ground coriander
½ tsp chilli flakes
½ tsp salt, or to taste

FOR THE KATCHUMBER

1 large cucumber, diced
2 tomatoes, diced
1 red onion, diced
1 mild green chilli, deseeded & diced
pinch mango powder
½ lime, juice of
salt & pepper to taste

makes 4-6 large ones

METHOD

1. In a deep bowl, add the flour then slowly mix in the water, using your hands to form a dough. Cover the bowl with cling film then set aside for 20 minutes.
2. Knead the dough until smooth (approximately 2 minutes) then place into a lightly oiled, airtight container. Refrigerate and leave to rest for a further 20 minutes.
3. For the filling - boil the potatoes in salted water for 10 minutes or until cooked through. Drain the potatoes then mash lightly and set aside.
4. Meanwhile heat the oil in a large frying pan, add the onions and fry for 5 minutes or until the onions turn a light golden colour. Add the cauliflower then stir for a further 2-3 minutes. Add the cumin, coriander, chilli flakes and salt to taste then cook for 30 seconds.
5. Add the potatoes then stir for 1-2 minutes then remove from the heat.
6. Take the dough, divide and shape into 8 balls. Place 2 onto a clean-floured surface then roll out to 8cm diameter (use a little flour to prevent them from sticking) spread a heaped spoonful of filling onto one of the discs, leaving a 1cm edge, dot the edge with butter then lay the other disc over the top. Gently roll out to 13cm diameter. Repeat and set aside.
7. To make the katchumber - mix together the cucumber, tomato and red onion then stir in the chilli, mango powder, lime juice, stir then season to taste. Mix well then set aside.
8. Heat a non-stick, shallow frying pan until warm, then lay one of the parathas into the pan, cook for about 30 seconds. Spread over a teaspoon of butter, turn over then spread with another teaspoon of butter, fry for a further 30 seconds, flip over and cook once again for 30 seconds then place onto a plate and cover with foil to keep warm.
9. Wipe the pan clean then repeat with the remaining parathas. Serve warm with the katchumber and enjoy!

Parveen x

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