

DAL MAKHANI WITH LACCHA PARATHA

Servings: 4 | **Total Time:** 15 minutes | **Cooking Time:** 10 minutes | **Prep Time:** 5 minutes

INGREDIENTS

For Dal Makhani

- 250gms TFC's Dal Makhani
- ½ **cup fresh cream** (adjust as per preference)
- **1 tbsp butter** (for extra richness)
- ½ tsp kasuri methi (crushed)
- 1 small onion, finely chopped (optional, for texture)
- **1 green chili, slit** (optional, for extra heat)
- 2 tbsp fresh coriander, chopped
- ½ **tsp garam masala** (for final seasoning)

For Laccha Paratha

- 2 cups whole wheat flour (atta)
- ½ cup water (adjust as needed)
- 2 tbsp ghee or butter
- 1 tsp salt
- Extra flour for rolling

The Fresh Curry
"Maximum Taste, Minimum Overheads"

DIRECTIONS

1. **Heat butter** in a pan on medium heat.
2. **(Optional)** Sauté onions and green chili until soft.
3. Pour in **TFC's Dal Makhani** and stir well.
4. Add **cream and butter** and mix until fully combined.
5. Sprinkle **kasuri methi and garam masala**, stir and let it simmer for 5 minutes.
6. Garnish with **fresh coriander** and an extra drizzle of cream before serving.

7. **Make the Dough:** Mix flour, salt, and water to form a soft dough. Knead for 5–7 minutes. Rest for 20 minutes.
8. **Rolling & Layering:** Roll out a portion of dough into a thin circle, spread ghee on it, and sprinkle dry flour.
9. **Folding:** Pleat the rolled dough like a fan, roll it into a coil, and flatten it again.
10. **Cooking:** Heat a pan, cook the paratha on both sides until golden brown, applying ghee while cooking.
11. **Serve hot** with your creamy Dal Makhani.

NUTRITION

Calories: 500kcal | Carbohydrates: 58g | Protein: 17g | Fat: 23g | Cholesterol: 10mg | Sodium: 500mg
|Fiber: 9g | Iron: 5mg

