

- Prep Time: 15 minutes
 - Cook Time: 20 minutes
 - Resting Time: 20 minutes
 - Total Time: 55 minutes
 - Servings: 4 parathas
 - Difficulty Level: Easy
 - Intensity Level: Low to Medium
-

Table of Contents



- [Ingredients](#)
 - [For the Dough](#)
 - [For the Egg Coating](#)
 - [For Cooking](#)
 - [Optional Fillings](#)
- [Instructions](#)
 - [Step 1: Prepare the Dough \(10 minutes\)](#)
 - [Step 2: Prepare the Egg Mixture \(3 minutes\)](#)
 - [Step 3: Divide and Roll the Dough \(7 minutes\)](#)

- [Step 4: Cook the Paratha \(5 minutes per paratha\)](#)
- [Step 5: Add the Egg Coating \(3 minutes per paratha\)](#)
- [Step 6: Serve and Enjoy](#)
- [Timing and Intensity Summary](#)
- [Nutritional Information \(Per Serving\)](#)

Ingredients

For the Dough

- 2 cups all-purpose flour (maida) or whole wheat flour (atta)
- ½ cup warm milk
- 1 egg (beaten)
- 2 tablespoons oil or ghee
- ½ teaspoon salt
- ¼ teaspoon sugar (optional)
- Water as needed (approximately ¼ cup)

For the Egg Coating

- 2 eggs
- 2 tablespoons milk
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper
- $\frac{1}{4}$ teaspoon red chili flakes (optional)
- 2 tablespoons chopped coriander leaves

For Cooking

- Ghee or oil for frying (approximately 4–6 tablespoons)

Optional Fillings

- Chopped onions
- Green chilies

- Grated cheese
 - Cooked minced chicken or vegetables
-

Instructions

Step 1: Prepare the Dough (10 minutes)

1. In a large mixing bowl, combine the flour, salt, and sugar.
2. Add the beaten egg, warm milk, and oil.
3. Mix well until the ingredients come together.
4. Gradually add water, a little at a time, and knead into a soft, smooth dough.
5. Knead for 5-7 minutes until the dough is elastic and not sticky.
6. Cover the dough with a damp cloth or plastic wrap and let it rest for 20 minutes.

Tip: Resting the dough makes it easier to roll and results in softer parathas.

Step 2: Prepare the Egg Mixture (3 minutes)

1. In a shallow bowl, beat the eggs with milk.
2. Add salt, black pepper, red chili flakes, and coriander leaves.
3. Whisk until well combined and set aside.

Step 3: Divide and Roll the Dough (7 minutes)

1. After resting, divide the dough into 4 equal portions.
2. Roll each portion into a smooth ball.
3. Lightly flour your surface and rolling pin.
4. Roll each ball into a circle about 6-7 inches in diameter.
5. Keep the rolled parathas covered to prevent drying.

Step 4: Cook the Paratha (5 minutes per paratha)

1. Heat a non-stick or cast-iron tawa (griddle) over medium heat.
2. Place one rolled paratha on the hot tawa.
3. Cook for 30–40 seconds until small bubbles appear.
4. Flip the paratha and cook the other side for 30–40 seconds.
5. Drizzle $\frac{1}{2}$ teaspoon of ghee or oil around the edges.
6. Press gently with a spatula and cook until golden brown spots appear.
7. Remove and set aside. Repeat for the remaining parathas.

Intensity Note: Keep the heat at medium. High heat may burn the paratha, while low heat makes it dry and hard.

Step 5: Add the Egg Coating (3 minutes per paratha)

1. Lower the heat to medium-low.

2. Pour 2-3 tablespoons of the egg mixture onto the hot tawa.
3. Immediately place the cooked paratha on top of the egg mixture.
4. Press gently so the egg sticks to the paratha.
5. Cook for 1-2 minutes until the egg sets.
6. Flip the paratha and cook the egg side for another 1-2 minutes.
7. Drizzle a little ghee or oil for extra crispness.
8. Remove and repeat with the remaining parathas.

Tip: You can also dip the paratha directly into the egg mixture before placing it on the tawa for a thicker coating.

Step 6: Serve and Enjoy

1. Stack the parathas on a plate.
2. Serve hot with:

- Mint chutney
- Tomato ketchup
- Yogurt
- Pickle
- A cup of tea or coffee

Timing and Intensity Summary

Stage	Time	Heat Intensity
Dough Preparation	10 minutes	Low
Dough Resting	20 minutes	None
Egg Mixture	3 minutes	Low
Rolling	7 minutes	Low
Cooking Paratha	5 minutes each	Medium
Egg Coating	3 minutes each	Medium-Low
Total	55 minutes	Low to Medium

Nutritional Information (Per Serving)

Approximate values based on 1 paratha per serving.

- Calories: 280 kcal
- Protein: 10 g
- Carbohydrates: 32 g
- Fat: 12 g
- Saturated Fat: 4 g
- Cholesterol: 95 mg
- Sodium: 320 mg
- Fiber: 2 g
- Sugar: 2 g
- Calcium: 60 mg
- Iron: 2 mg