

Capital Recipe

Join Chef Jason on the Drivetime show every Thursday from 6pm in
"Foodie Thursday".



Easy Peasy Paratha Pizza

ready in under 25 minutes!

Ingredients – serves 4 people



- 8 each paratha (frozen - no brand preference)
- 1 x avocado (peeled and sliced thinly)
- 1 x yoghurt (small pot)
- 1 x sm cucumber (grated)
- 2 x cloves of garlic (finely grated)
- 1 Tsp dried mint or chives
- ½ Tsp cumin powder
- salt & black pepper
- 1 pkt rocket or baby spinach
- 1 tin tuna or salmon
- 1 sm onion (finely diced)
- 4 Tbsp olives

Method

Heat 2 large non-stick pans over a fairly high heat.

Add a frozen paratha to each pan ensuring all plastic film is removed.

Leave to cook for approx. 2 – 3 minutes before turning over.

You will see the paratha start to change colour and soften in the pan and the edges start to colour.

The paratha should start to puff up as the second side cooks.

If the first side is not fully golden brown, then turn the paratha over and cook for a further 30 seconds.

Place cooked paratha on a clean tea towel and cover to keep warm.

Repeat until all paratha are cooked.

Point to note – you may need to reduce the heat slightly after cooking the first parathas

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Whilst the first parathas are cooking, mix the cucumber, yoghurt, garlic, mint and season to taste with salt and black pepper.

Once all parathas are cooked, assemble the first 4 as follows.
Spread a Tbsp of yoghurt mixture over the base of each paratha
Top this with rocket or spinach, diced onion and sliced avocado.
Flake the tuna or salmon over and add a few olives.

Serve immediately and enjoy the second ones after you have eaten the first!

Notes from the chef:

This is a simple store cupboard / freezer recipe that requires very little in the way of special ingredients – paratha is a flatbread prevalent across the Indian subcontinent and is readily available frozen and cooks in minutes from frozen.

You can use any tinned fish.

You can serve with roasted sweet potato wedges on the side.

A splash of tabasco or hot sauce gives a spicier finish to the dish.

Fresh paratha is quite easy to make and here is a link to a simple recipe
<https://www.thespruceeats.com/lachcha-paratha-layered-indian-bread-1957343>

You can use cheese instead of tinned fish – crumbled feta or grated pecorino are my favourites!

Tbsp - tablespoon

Tsp - teaspoon