



Hara Bhara Kathi Roll

Ingredients

- 0.75 Cup Wheat Flour
- 1 Sachet MAGGI Masala-ae-Magic
- 0.5 Cup Spinach, cooked, boiled, drained, without salt
- 1 Pinch Salt
- 1.5 Tablespoons Oil
- 1 Onion (Medium, Sliced)
- 0.5 Cup Green Capsicum
- 1 Cup Cabbage
- 1 Cup Water
- 0.25 Teaspoon Turmeric Powder
- 150 gms Paneer
- 0.5 Teaspoon Red Chilli Powder

Zubereitung

1. Knead wheat flour with spinach puree and a pinch of salt to form a dough. Add 1 tbsp of water if needed to achieve the right consistency.
2. Heat ½ tsp oil in a pan and sauté onion, capsicum, and cabbage until they are cooked and softened. Add paneer, MAGGI Masala-ae-Magic, turmeric powder and red chilli powder to the vegetables and cook for a minute stirring occasionally.
3. Divide the dough and filling into 3 equal parts. Roll the dough into a circle of medium thickness. Cook the parathas on both sides on a nonstick tava by adding remaining oil. Once cooked add the stuffing and make it onto a paratha roll. Serve immediately.

Nährwerte an

Carbohydrates	35.5 g
Energy	334.37 kcal
Fats	13.5 g
Protein	15.28 g

🕒 23 Minutes

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