



Chicken Kathi Rolls Recipe (Diabetic Friendly)

Ingredients

- 1 Cube MAGGI Magic Cubes Chicken (Crumbled)
- 200 gms Chicken (Boneless, Cut Into Thin Strips)
- 0.25 Teaspoon Turmeric Powder
- 0.5 Teaspoon Red Chilli Powder
- 1 Teaspoon Coriander Powder
- 0.5 Teaspoon Cumin Powder
- 0.5 Teaspoon Garam Masala
- 1 Tablespoon Nestlé A+ Curd
- 1.5 Cups Whole Wheat Flour
- 1 Pinch Salt (To Taste)
- 1 Cup Water
- 2 Teaspoons Oil
- 2 Onion (Medium, Sliced)
- 2 Capsicum (cut into thin strips)
- 2 Egg (Beaten)

Zubereitung

1. Mix all the ingredients for marination and keep it in refrigerator for 30 min. Knead a soft dough using whole wheat flour, salt and water.
2. After 30 min of marination time, take the marinate out of refrigerator. Heat oil in a kadai, add the chicken marinate and cook it on medium flame till chicken is cooked perfectly. Add sliced onion and capsicum and cook for another 2-3 minutes. Adjust salt to taste.
3. Divide the dough into 4 portions. Roll out into thin chapati. Cook the chapati on both sides on a hot tava. Spread 2 tbsp of beaten egg on one side of the chapati and allow it to set partially. Place 2 tbsp of filling and roll the chapati to form a kathi roll.
4. Remove from tava and serve hot. Repeat the process for rest of the Kathi rolls.

Nährwerte an

Carbohydrates	41.5 g
Energy	353.62 kcal
Fats	13.65 g
Protein	19.66 g

🕒 32 Minutes

⊕ 4