



Chicken Kathi Rolls Recipe (Diabetic Friendly)

Ingredients

- Cube MAGGI Magic Cubes Chicken (Crumbled)
- gms Chicken (Cut Into Small Pieces)
- 1/4 1/4 Teaspoon Turmeric Powder
- 1/2 1/2 Teaspoon Red Chilli Powder
- Teaspoon Coriander Powder
- 1/2 1/2 Teaspoon Cumin Powder
- 1/2 1/2 Teaspoon Goda Masala
- Tablespoon Nestlé A+ Curd
- 1/2 1/2 Cups Whole Wheat Flour
- Pinch Salt (To Taste)
- Cup Water
- Teaspoons Oil
- Onion
- Green Capsicum
- Egg (Beaten)

Instruction

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.

Nutrition

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

32 Minutes

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