



Chicken Frankie

Serving: 1

Non Veg

Ingredients

- Whole wheat and ragi flour mix - use both 50-50
- Boiled Chicken - 1 pc, 50 gms (palm size)
- Grated carrot - 1 small
- Onions, chopped - $\frac{1}{2}$ small
- Cabbage - 2 tbsps
- Lemon juice - 1 tsp (alter as per taste)
- Tomato, chopped - $\frac{1}{2}$ small
- Capsicum, chopped - $\frac{1}{2}$ small
- Salt - use minimum, to taste
- Oil - $\frac{1}{2}$ tsp

Preparation Method

1. Combine the chicken, carrot, onion, lemon juice and salt and mix well.
2. Roll the whole wheat flour/multigrain flour and ragi flour into chapatti. Keep aside.
3. Warm the chapattis and place on a serving plate. Add chicken, some capsicum and tomato strips.
4. Roll up the chapatti and serve hot.