



Capsicum and corn wrap

Serving: 1

Veg

Ingredients

- **-Makes 2 :**
- -For The Stuffing
- -1 tsp oil
- - $\frac{1}{2}$ tsp finely chopped green chillies
- -2 tbsp finely chopped onions
- -3 tbsp cooked corn (makai ke dane)
- -3 tbsp finely chopped capsicum
- -2 tbsp finely chopped tomatoes
- - $\frac{1}{2}$ tsp chilli powder
- -salt and to taste
- -Other Ingredients
- -2 tbsp green chutney
- -Pepper powder to taste
- -1 jowari roti

Preparation Method

- -Heat the oil in a broad non-stick pan, add the green chillies and onions and sauté on a medium flame for 1 minute.
- -Add the corn, capsicum, tomato and chilli powder, salt and pepper, mix well and cook on a medium flame for 2 minutes, while stirring occasionally. keep aside.
- -How to proceed
- -Place a roti on a clean, dry surface and place a portion of the filling in the centre of the roti.
- -Put 1 tbsp of the green chutney over it , sprinkle pepper powder and roll it up tightly.
- -Serve immediately.