



## Achari Kathi Rolls

Serving: 1

Veg

### *Ingredients*

- 5 tsp of Jowari atta
- 3 tsp milk
- 1/2 tsp oil
- 1/4 tsp cumin seeds, onion seeds and aniseeds
- 1/4 cup of cabbage and capsicum
- 1/2 tsp green chilli paste
- pinch of tumeric powder
- 2 tsp of coriander and pudina
- 2 tsp of tomato ketchup
- salt to taste
- pepper powder to taste
- garam masala to taste
- red chilli powder to taste
- amchoor to taste

### *Preparation Method*

- **For the Roti:**
- 1. Knead a soft dough of flour using milk.
- 2. set aside to rest for 20 minutes.
- 3. Make into thin roti for the wrap, cover and set aside.
- **For the filling:**
- 1. Heat the oil in a pan on medium flame and add the cumin seeds, onion seeds and aniseeds. Wait till the seeds splutter.
- 2. Add the green chilli paste and saute for 30 seconds, stir continuously, add the onions and cook for 2 minutes till the onions turn transparent.
- 3. Add the cabbage and capsicum. Saute for 2 minutes. Add turmeric powder and amchoor, coriander and pudina.
- 4. Add tomato ketchup, salt, pepper powder, garam masala, red chilli powder and chaat masala to taste and mix well, Saute on medium flame for 2 minutes.
- 5. Add the tomato fingers and mix lightly.
- **How to proceed**
- 1. Take the prepared roti, apply the green chutney evenly on the roti.
- 2. Place the prepared filling and roll the roti to make a wrap. Serve immediately.