



Burritos (OP W)

Serving: 1

Veg

Ingredients

- Serves 1
- For the stuffing
- 2 tbsp cooked rajma/ sprout
- 2 tbsp onion, finely chopped
- 2 tbsp tomato, finely chopped
- 1 clove of garlic
- $\frac{1}{4}$ tsp red chilli powder
- $\frac{1}{4}$ tsp roasted ajwain
- 1 tsp taco seasoning (readily available in the market)
- $\frac{1}{2}$ tsp oil
- Salt to taste
- For the mixed salad ($\frac{1}{2}$ cup) :
Lettuce, cabbage, French beans, baby corn, capsicum
- Other Ingredients
- 2 tbsp hot tomato salsa
- For rotis
- 2 tbsp Jowari flour, $\frac{1}{4}$ tsp mixed herbs powder

Preparation Method

- For the stuffing
- Heat the oil in a pan and saute the onions on medium flame till they turn pink in color.
- Add tomato and garlic, saute for 2 minutes.
- Combine rajma and cook for 5 minutes, add red chilli powder, ajwain, taco seasoning powder and salt and combine well. Remove from flame and keep aside.
- For the roti
- Prepare a soft roti dough by combining jowar flour, mixed herbs powder and water. Prepare rotis out of this dough.
- How to proceed
- Apply hot salsa over the roti, rajma mixture, top it with mixed salad and roll it into a wrap. Serve hot.