



## Protein wrap

Serving: 1

Veg

### Ingredients

- **Makes 2 :**
- For The Sprouts Stir-fry
- 1 tsp oil
- 1 tsp ginger-garlic (adrak-lehsun) paste
- 1/4 cup finely chopped onions
- 2 tbsp sprouts (Boiled Moong, or matki )
- 2 tbsp grated paneer
- 1/2 tsp turmeric powder (haldi)
- 1 tsp chilli powder
- 2 tbsp finely chopped coriander (dhania)
- 1 tsp lemon juice
- salt to taste
- -Other Ingredients
- 1/2 cup onion rings
- chaat masala to taste
- 2 tbsp Green chutney
- 2 soya rotis / any rotis

### Preparation Method

- **Step 1: Heat the oil in non-stick pan, add the ginger-garlic paste and spring onion whites and sauté till the onions turn translucent. Sprinkle a little water to avoid the onions from burning.**
- Add the sprouts, paneer, turmeric powder and chilli powder, mix well and cook on a medium flame for 5 minutes, while stirring continuously.
- Add the coriander, lemon juice and salt, mix well and keep aside to cool.
- **Step 2 : Combine the onion rings with chaat masala in a bowl, mix well and keep aside.**
- Place a roti on a clean dry surface and arrange 1 tbsp of the sprouts stir-fry in a row in the centre of the roti.
- Arrange few onion rings and 1 tbsp green chutney over it and roll it up tightly.
- Repeat with the remaining ingredients to make 1 more wrap.
- Wrap a tissue paper around each wrap and serve immediately.