

C-2, HIRA MANEK, OPP BMC MARKET, BAPISTA ROAD Vile Parle (West), Maharashtra, India, 400056 +91-9820577553 eatfit24by7@gmail.com



Serving: 1 Veg

Ingredients

- For the stuffing
- 1/2 tsp tsp oil
- ¹/₄ cup shredded cabbage
- 2 tbsp finely chopped carrot
- 2 tbsp finely chopped French beans
- 1 spring onion bulb, sliced
- 1 tbsp bean sprouts
- 1 Kashmiri red chilli
- ¹/₄ tsp green chilli paste
- 1/2 tsp ginger paste
- 1/2 tsp garlic paste
- 1/2 tsp vinegar
- 1/2 tsp hot & sweet sauce
- For the Roti
- 2 tbsp jowari flour

Preparation Method

- 1. Heat the oil in a non-stick pan on a medium flame and saute the kashmiri red chilli, green chilli paste, ginger paste & garlic paste for 2 minutes.
- 2. Add the onions, cabbage and bean sprouts and saute on medium flame for another 3-4 minutes.
- 3. Add the carrots, French beans, vinegar, soya sauce and salt. Allow it to cook for few more minutes. Remove from flame and keep aside.
- 4. Prepare a chapatti form the wheat flour and apply hot & sweet sauce. Fill the prepared stuffing and roll the chapatti. Serve hot.