



Couscous Spinach Wrap

Serving: 1

Veg

Ingredients

- **For The Spinach Roti :**
- -1 tbsp Jowari atta + 1 tbsp Wheat atta
- -2 tbsp spinach (palak) puree
- -1 tsp ginger-green chilli paste
- -salt to taste
- -1 tsp oil
- **For The Filling :**
- -1 tsp oil
- -Half finely chopped carrot
- -Half finely chopped Capsicum
- -Half finely chopped tomato
- -Half freshly ground black pepper (kalimirch)
- -Half cup couscous , soaked for 15 minutes in hot water and drained

Preparation Method

- **For the spinach roti :**
- -Combine jowari atta and wheat atta, 1 tsp oil, salt, ginger-green chilli paste and spinach puree in a deep bowl and mix well. Add water and knead into a soft dough. Keep aside for 15 minutes.
- -Knead again using remaining 1 tsp oil.
- -Heat a non-stick tava (griddle) and cook each roti till light brown spots appear on both the sides.
- **For the couscous-vegetable filling :**
- -Heat 1 tsp oil in a non-stick pan, add carrots, Capsicum and tomatoes and cook until vegetables are tender. Add salt, black pepper powder and red chilli powder, mix well.
- -Separate the grains of soaked and drained couscous with a fork and mix it with the cooked vegetables.