



## Spring onion and paneer wrap

Serving: 1

Veg

### *Ingredients*

- **Makes 2 wraps :**
- -For The Dough
- -1 tbsp barley atta / jowar atta
- -2 tbsp soya flour
- --Pinch of salt
- Barley flour for rolling
- -For The Paneer and Spring Onion Stuffing
- -3 tbsp crumbled low-fat paneer (cottage cheese)
- -2 tbsp finely chopped spring onions whites
- -2 tbsp finely chopped spring onion greens
- -1 tsp oil
- - $\frac{1}{2}$  tsp finely chopped green chillies
- -salt to taste
- -Other Ingredients
- -1 tsp oil for cooking

### *Preparation Method*

- -For the dough
- --Combine all the ingredients in a deep bowl and knead into a soft dough using enough water. Cover and keep aside for 10 minutes.
- For the paneer and spring onion stuffing
- -Heat the oil in a broad non-stick pan, add the spring onion whites, green chillies and sauté on a medium flame for 1 minute.
- -Transfer the mixture into a deep bowl, add the paneer, spring onion greens and salt and mix well.
- -Divide the stuffing into 2 equal portions and keep aside.
- -How to proceed
- -Divide the dough into 2 equal portions and roll out each portion into circle using a little wheat flour for rolling.
- -Heat a non-stick tava (griddle) and cook each roti on a medium flame, using  $\frac{1}{4}$  tsp of oil, till light brown spots appear on both the sides.
- -Place a roti on a clean, dry surface, place a portion of the stuffing on one end of the roti and roll it up tightly.
- -Serve immediately.