



Lebanese Wraps

Serving: 1

Veg

Ingredients

- Serves 1
- For the filling
- 1/2 tsp oil
- 2 tbsp finely chopped onion
- 1/2 tsp finely chopped green chillies
- 2 tbsp grated carrot
- 2 tbsp shredded cabbage
- 2 tbsp boiled, peeled and grated potatoes
- 1 tbsp finely chopped coriander
- Salt to taste
- For the Tahini Dip
- 1/4 cup sesame seeds
- 1 tbsp chana dal
- 1 tsp vinegar
- 2 tbsp fresh curds
- 1 tsp garlic
- 1/2 tsp oil
- 1/2 tsp chilli powder
- 1/2 tsp cumin seeds powder
- Salt to taste
- For the Roti
- 1/4 cup whole wheat flour
- 2 tbsp blanched and pureed spinach leaves
- Salt to taste
- Other ingredients

Preparation Method

- 1. Heat the oil in a deep non-stick pan, add the onions and saute till translucent.
- 2. Add rest of the ingredients and saute on a medium flame for 2 minutes. Remove from flame and keep aside.
- For the Tahini
- 1. Heat a non-stick pan and dry roast the sesame seeds and chana dal separately. Keep aside to cool.
- 2. Combine sesame seeds and chana dal and blend in a mixer to a fine powder.
- 3. Transfer the powder to a bowl, add all the remaining ingredients and mix well. Keep aside.
- For the Roti
- 1. Mix all the ingredients and knead soft dough, use water if required to knead the dough.
- 2. Make chapatti from the dough. Keep aside.
- How to Proceed
- 1. Place a roti on a clean dry surface and spread the tahini paste evenly on it.
- 2. Arrange the lettuce evenly on the roti.
- 3. Arrange the filling on it and top with garlic tomato chutney and roll into a wrap. Serve hot.



- Garlic-tomato chutney
- Torn lettuce

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