



Rajma and palak wrap

Serving: 1

Veg

Ingredients

- For The Rajma and Spinach Stuffing
- 2 tbsp soaked and boiled rajma (kidney beans)
- Handful spinach (palak) chopped
- 1 tsp oil
- $\frac{1}{2}$ tsp cumin seeds (jeera)
- a pinch of asafoetida (hing)
- 2 Tbsp finely chopped onions
- 1 tsp grated garlic (lehsun)
- $\frac{1}{2}$ tsp ginger-green chilli paste
- $\frac{1}{2}$ tsp turmeric powder (haldi)
- $\frac{1}{2}$ tsp coriander-cumin seeds (dhania-jeera) powder
- $\frac{1}{2}$ tsp chilli powder
- 2 tbsp chopped tomatoes
- $\frac{1}{2}$ tsp tomato ketchup
- salt to taste
- 2 tbsp finely chopped coriander (dhania)
- Other Ingredients
- 2 tbsp fresh curds (dahi) mixed with 2 tbsp green chutney
- 2 roti
- 2 lettuce leaves

Preparation Method

- Heat the oil in a broad non-stick pan and add the cumin seeds.
- When the seeds crackle, add the asafoetida and onions and sauté on a medium flame for 1 to 2 minutes.
- Add the garlic, ginger-green chilli paste, turmeric powder, coriander-cumin seeds powder, chilli powder, tomatoes, tomato ketchup and 2 tbsp of water, mix well cook on a medium flame for 2 minutes, while stirring occasionally.
- Add the rajma and salt, mix well and cook on a medium flame for 1 to 2 minutes.
- Add the spinach and coriander, mix well and cook on a medium flame for another 2 minutes, while stirring occasionally.
- Divide the rajma and spinach stuffing into 2 equal portions and keep aside
- Place a roti on a flat, dry surface, arrange a lettuce leaf over it and place 1 portion of the stuffing on one edge of the roti.
- Spread 1 tbsp of the curdspread evenly over it.
- Serve immediately.