



Baked Chapati Sandwich (OP I)

Serving: 1

Veg

Ingredients

- -2 Whole Chapati (Make 1 roti from 2 tsp wheat atta + 3 tsp jowari atta)
- **For the Stuffing :**
- -1 tbsp chopped potatoes
- - $\frac{1}{2}$ cups finely chopped and boiled mixed vegetables (french beans , carrot , cauliflower)
- -1 tsp ghee
- -2 tbsp finely chopped onions
- -2 tbsp finely chopped tomatoes
- -1 tsp finely chopped green chillies
- - $\frac{1}{4}$ tsp chilli powder
- - $\frac{1}{4}$ tsp turmeric powder (haldi)
- -1 tbsp chopped coriander (dhania)
- -salt to taste

Preparation Method

- For the stuffing
- 1. Heat the ghee in a broad non-stick pan, add the onions and sauté on a medium flame for 1 minute.
- 2. Add the tomatoes and green chillies and sauté on a medium flame for 1 minute.
- 3. Add all the remaining ingredients, mix well and cook on a medium flame for 2 minutes, while mashing it gently. Keep aside.
- How to proceed
- -Divide the stuffing into equal portions. Keep aside.
- -Grease a baking dish.
- -Put a Chapati and portion of the stuffing over it and spread it evenly.
- -evenly over it and bake in a pre-heated oven at 200°C (400 °f) for 15 minutes.
- -Serve immediately.