



Meditarian Wrap

Serving: 1

Veg

Ingredients

- **METHOD :**
- 1. Cut paneer in to small pieces.
- 2. Combine the cut pieces, tomato, Onion and black olives. add salt, pepper as per taste and drizzle of lemon juice.
- 3. Make 1 roti, spread the fresh lettuce leaf on it.
- 4. Add the mix ready ingredients, roll and wrape it and consume hot.

Preparation Method

- -Paneer - 1 pc, (matchbox size)
- -Fresh lemon juice - squeeze as per taste.
- -Olive oil - $\frac{1}{2}$ tsp
- -Onion -1 small
- -Tomato ,finely chopped -1 small
- -Black olive,finely chopped - 2 tbsp
- -Lettuce - 1 single leaf
- -Whole wheat / Multigrain roti (1)
- -salt & pepper - Use minimum ,to taste