



Paneer khurchan Roll

Serving: 1

Veg

Ingredients

- **FOR PANEER KHURCHAN FILLING:**
- 1 tsp oil
- 1 tsp cumin seed (jeera)
- 1 tbsp ginger garlic paste
- 1/4 cup chopped spring onions whites
- 1/4 cup finely chopped capsicum
- 1/2 Tomato puree
- 1/2 turmeric powder (haldi)
- 1 tsp chilli powder
- 2 tsp chaat masala
- 100 grams low fat paneer (cottage cheese) cut in to 10 mm. (1 cm) cubes
- salt to taste
- **OTHER INGREDIENTS:**
- 1/2 cup onion rings
- chaat masala to taste
- 2 soya / any flour rotis
- 2 tbsp mint green chutney.

Preparation Method

- - Heat the oil in a deep non stick pan, and add the cumin seeds.
- -when the cumin seed crackles ,add the ginger -garlic paste and and spring onion whites and saute till the spring onion turns translucent sprinkle a little water to avoid the spring onion from burning.
- -Add the capsicum and cook on a midum flame for 2 to 3 minutes ,wile stirring continuously.
- -Add the tomato puree turmeric powder, chilli powder ,chat masala ,paneer ,salt and coriander and cook for another 2 minutes, while stirring continuously. keep aside.
- **HOW TO PROCEED:**
- -combine the onion rings with chaat masala in a bowl, mix well and keep aside.
- -Place a roti on a clean dry surface and spread 2 tsp of healthy green chutney evenly over it.
- -Arrange 1/4th of paneer khurchan filling in a row in the centre of the roti.
- -Arrange 1/4 cup of onion rings over it and roll it up tightly.
- -Wrap a tissue paper around each roll and serve immediately.