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आलू एण्ड पनीर रोल - हिन्दी में पढ़ें

બટાટા અને પનીરના રોલ - ગુજરાતી માં વાંચો

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Fresh rotis lined with green chutney play host to an astounding stuffing of potatoes and paneer flavoured naturally with chillies, coriander, mint and cumin. A scrumptious salad accompanies the soft potato-based stuffing to add an exciting crunch to the aloo paneer roll.

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Aloo and Paneer Roll recipe - How to make Aloo and Paneer Roll

Preparation Time: 15 mins Cooking Time: 15 mins Makes 6 rolls

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Vashi

Parel

Andheri West

☐ 35 Lacs

1 BHK, Mumbai

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Ingredients

For The Dough

1/4 cup **plain flour (maida)**

1/4 cup **whole wheat flour (gehun ka atta)**

1/2 tbsp **oil**

salt to taste

For The Stuffing

1 1/2 cups **boiled , peeled and grated potatoes**

1 1/2 cups **grated paneer (cottage cheese)**

2 tbsp **oil**

1 tsp **cumin seeds (jeera)**

2 tsp finely **chopped green chillies**

2 tbsp finely **chopped coriander (dhania)**

2 tbsp finely **chopped mint leaves (phudina)**

salt to taste

To Be Mixed Together For The Salad

1/2 cup **grated carrot**

1/2 cup **shredded cabbage**

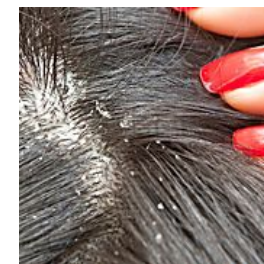
Method

For the dough

1. Combine all the ingredients in a deep bowl and knead into a soft dough using enough water.
2. Divide the dough into 6 equal portions and roll each portion into a 125 mm. (5") diameter circle using little whole wheat flour for rolling.
3. Heat a non-stick tava (griddle) and semi-cook the rotis and keep aside.

For the stuffing

1. Heat the oil on a non-stick tava (griddle) and add the cumin seeds.
2. When the seeds crackle, add the green chillies and sauté on a medium flame for a few seconds.
3. Add the potatoes, paneer, coriander, mint leaves and salt, mix well and cook on a medium flame for 2 to 3 minutes, while stirring occasionally.
4. Divide the stuffing into 6 equal portions and roll each portion into an oblong roll and keep aside.



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1 tsp **chaat masala**

Other Ingredients

6 tsp **green chutney**

whole wheat flour (gehun ka atta) for rolling

oil for greasing and cooking

For Serving

tomato ketchup

How to proceed

1. Divide the salad into 6 equal portions and keep aside.
2. Place 1 semi-cooked roti on a flat, dry surface and spread 1 tsp of green chutney evenly over it.
3. Place 1 portion of the stuffing on one end of the roti, place 1 portion of the salad over the stuffing and roll the roti tightly.
4. Repeat steps 2 and 3 to make 5 more rolls.
5. Heat a non-stick tava (griddle) and grease it lightly using a little oil.
6. Place the rolls on it and cook, using a little oil till brown spots appear on all the sides.
7. Cut each roll diagonally into 2 and serve hot with tomato ketchup.

Accompaniments

Anardane Te Phudine ki Chutney 📷
Carrot Garlic Chutney 📷
Dahiwalı Phudina Chutney (Kebabs and Tikkis Recipes) 📷
Dry Garlic Chutney 📷
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Garlic Tomato Chutney 📷
Green Chutney 📷