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A server will often return an HTTP 400 if the content type is not set. A curl example from instagram uses the `-F` parameter which specifies the content type. `-F, --form CONTENT` Specify HTTP multipart POST data (H

Therefore, you may want to try explicitly setting the Content-type in your RestTemplate request:

```
HttpHeaders requestHeaders = new HttpHeaders();
requestHeaders.setContentType(MediaType.MULTIPART_FORM_DATA);
HttpEntity<MultiValueMap<String, String>> requestEntity = new HttpEntity<MultiValueMap<String, String>>(mvm, requestHeaders);
ResponseEntity<InstagramResult> response = restTemplate.exchange(url, HttpMethod.POST, requestEntity, InstagramResult.class);
InstagramResult result = response.getBody();
```

As mentioned earlier in the comments, a proxy tool like fiddler can be used to intercept the traffic. The challenge with this situation is that you are working with SSL and you can't "see" the encrypted communications without special configuration.

The above converters Ex: "MarshallingHttpMessageConverter"
`MultiValueMap<String, String> map = new LinkedMultiValueMap<>();`
`map.add("username", "test"); map.add("password", "test123");`

For Post:

```
restTemplate.postForObject(url, parametersMap, Employee.class);
```

url is : String - rest api URL
parametersMap - MultiValueMap
Employee - class object to be converted from the JSON response

For Get:

```
restTemplate.getForObject(url, class object, variablesMap);
```

url is : String - rest api URL
variablesMap - Map
class object - class object to be converted from the JSON response