

Veg Kathi Roll

Ingredients:

1. 1 cup chopped cauliflower florets
2. ½ cup chopped carrot cubes
3. ½ cup chopped potato cubes
4. ½ cup green peas (fresh or frozen)
5. ¼ cup chopped French beans
6. 1.5 cups water for steaming veggies
7. 2 tablespoons oil
8. ¼ teaspoon ajwain (carom seeds)
9. ¼ teaspoon cumin seeds
10. 1 cup finely chopped onions (or 1 medium-sized onion)
11. 1 teaspoon ginger-garlic paste
12. 100 grams tomatoes (or 1 large tomato)
13. 1/3 cup chopped capsicum (bell pepper)
14. ¼ teaspoon turmeric powder
15. ½ teaspoon Kashmiri red chili powder
16. ½ teaspoon coriander powder
17. ½ teaspoon garam masala
18. ¼ cup chopped coriander leaves
19. ¼ cup grated or crumbled paneer (optional)
20. 2 cups whole wheat flour
21. ½ teaspoon salt (or as required)
22. 1 tablespoon oil
23. 1 cup water (or as required)
24. Oil or ghee for roasting rotis
25. ½ teaspoon chaat masala

Instructions:

1. Rinse and chop all veggies. Add them to a pan or bowl that fits inside a pressure cooker.
2. Add 1.5 cups of water to the cooker and pressure cook for 2–3 whistles (12–15 minutes).

3. In a large tray or bowl, combine whole wheat flour, oil, and salt. Gradually add 1 cup of water.
4. Knead the dough to a smooth, soft consistency, adding water as needed.
5. Cover and let the dough rest for 30 minutes.
6. In a small bowl, mix thinly sliced onions, chaat masala, red chili powder, and lemon juice. Set aside.
7. Heat oil in a pan, add ajwain and cumin seeds, and let them splutter.
8. Add chopped onions and sauté until translucent.
9. Stir in ginger-garlic paste and sauté until the raw aroma disappears.
10. Add chopped tomatoes, cook for 3 minutes until softened.
11. Mix in turmeric powder, red chili powder, coriander powder, and garam masala.
12. Add chopped capsicum and sauté for 2–3 minutes.
13. Add the steamed veggies and any water left from steaming. Season with salt.
14. Sauté the mixture for 4–5 minutes, ensuring the stuffing is dry.
15. Stir in chopped coriander leaves and grated or crumbled paneer (optional).
16. Divide the dough into small balls based on the desired wrap size.
17. Roll each dough ball into a thin roti, using flour as needed.
18. Heat a tawa, cook one side of the roti until bubbles appear, then flip.
19. Spread oil on the flipped side and cook until golden blisters form.
20. Flip the roti once more to ensure even cooking. Keep warm.
21. Place the veggie stuffing in the center of the roti.
22. Optionally spread mint-coriander chutney on the roti before adding stuffing.
23. Sprinkle chaat masala and top with marinated onions and grated cheese or paneer.
24. Roll the roti from both sides and secure with butter paper or foil.
25. Serve the Veg Kathi Roll with chutney or ketchup on the side.