**Egg Roll**

Prep time: 5 min Cook time: 25 min

**Ingredients:**

**For the Dough**

* 2 cups whole wheat flour
* 1 tsp sugar
* ½ tsp salt (low sodium)
* 1 tbsp oil (Olive oil for cooking)
* Water as needed to form a soft dough

**For the Filling**

* 1 onion thinly sliced
* ¼ cucumber chopped
* 1 green chili chopped
* 2 tbsp chopped dhaniya leaves
* 5 eggs
* 1 tbsp chaat masala
* 1 tbsp fresh lemon juice
* Tomato ketchup (optional)

**Instructions:**

**Prepare the Dough**

1. In a mixing bowl, combine the flour, salt, and sugar.
2. Add the oil and mix until the mixture has a crumbly texture.
3. Gradually add water and knead into a soft, pliable dough.
4. Shape the dough into a ball, coat lightly with oil, cover with a cloth, and let it rest for 20-30 minutes.

**Prepare the Salad Filling**

1. In a bowl, mix the sliced onions and chopped cucumber with lemon juice. Keep aside.

**Prepare the Paratha**

1. Divide the dough into 5 equal portions and shape each into a ball.
2. Roll out each dough ball into a thin, even circle.
3. Heat a skillet on medium heat and drizzle a little oil.
4. Place a rolled-out paratha on the skillet and cook for 1 minute, pressing gently and rotating for even cooking.
5. Flip, drizzle a little oil, and cook until golden brown spots appear on both sides. Remove from the skillet and set aside.

**Cook the Egg Layer**

1. Whisk one egg in a bowl with a pinch of salt.
2. Heat a little oil in the same skillet, pour the whisked egg, and immediately place a cooked paratha on top.
3. Gently press so that the egg sticks to the paratha. Cook for a few seconds, then carefully flip and cook for another few seconds.
4. Repeat for the remaining egg rolls.

**Assemble the Roll**

1. Place the egg-coated paratha on a plate, egg side up.
2. Layer the onion-cucumber salad in the center.
3. Sprinkle chopped green chilies, coriander leaves, and chaat masala.
4. Add a drizzle of ketchup if desired.
5. Roll the paratha tightly into a wrap.
6. Serve hot with mint chutney or your favorite dip.