**Paneer Roll**

Prep time: 30 min Cook time: 20 min

**Ingredients:**

**For the Marination:**

* 6 tbsp thick curd (yogurt)
* ½ tbsp ginger-garlic paste
* ¼ tsp ajwain (carom seeds)
* ¼ tsp haldi (turmeric powder)
* ½ tsp dhaniya (coriander) powder
* ½ tsp jeera (cumin) powder
* ½ tsp garam masala
* ½ tsp amchur (dry mango powder)
* 1 tsp red chili powder
* Low sodium salt to taste
* 1 tsp lemon juice
* 200 grams paneer (cut into small cubes)

**For the Dough:**

* 1 cup whole wheat flour
* ½ tsp salt
* ½ tbsp oil
* Water as needed (to form a soft dough)

**For the Filling:**

* ⅓ cup shredded cabbage
* ⅓ cup grated carrots
* ⅓ cup thinly sliced capsicum (shimla mirch)
* ⅓ cup thinly sliced onions
* ¼ tsp red chili powder
* 1 tsp chaat masala
* 1 tsp lemon juice
* Salt as required
* Fresh mint chutney

**Instructions:**

**Prepare the Dough**

1. In a mixing bowl, combine whole wheat flour, salt, and ½ tbsp oil.
2. Gradually add water and knead into a smooth, soft dough.
3. Cover and let it rest for 20 minutes.

**Marinate the Paneer**

1. In a separate bowl, combine curd, ginger-garlic paste, ajwain, turmeric, coriander powder, cumin powder, garam masala, amchur, red chili powder, salt, and lemon juice.
2. Mix well, then add the paneer cubes and coat them evenly.
3. Cover and let the paneer marinate for 15-20 minutes.

**Prepare the Filling**

1. In a mixing bowl, combine cabbage, carrots, capsicum, onions, red chili powder, chaat masala, lemon juice, and salt.
2. Toss well and keep aside.

**Cook the Rotis**

1. Divide the dough into small or medium-sized balls.
2. Dust each ball with flour and roll it into a thin roti.
3. Heat a tawa (griddle) on medium heat and cook the roti lightly on one side.
4. Flip the roti and spread a few drops of oil.
5. Cook until both sides have light golden spots.
6. Repeat for all rotis and keep them aside.

**Cook the Paneer**

1. Heat 2 tbsp oil in a pan over medium-low heat.
2. Add the marinated paneer cubes and stir-fry for 4-5 minutes until the coating is well-cooked and the paneer is soft.
3. Once done, remove from heat and set aside.

**Stuff & Serve**

1. Take a roti and spread mint chutney evenly.
2. Place cooked paneer in the center.
3. Top it with the vegetable filling.
4. Fold both sides of the roti to form a wrap.
5. Serve hot with tomato ketchup