

Recipe Name: Masala Sandwich Recipe With Rocket Leaves

Diet Type:

Course: Indian Breakfast

Cuisine: Fusion

Quantity:



Ingredients

Ingredient	Quantity
• 100 grams Paneer (Homemade Cottage Cheese)	2
• 2 Potatoes (Aloo) - boiled and mashed	
• 1 Onion - julienned	
• 1 inch Ginger - grated	
• 2 cloves Garlic - grated	
• 2 Green Bell Pepper (Capsicum) - julienned	
• 3 Tomatoes - finely chopped	
• Pav bhaji masala - to taste	
• Salt - to taste	
• 2 tablespoons Coriander (Dhania) Leaves - finely chopped	
• French bread - or rye bread to make sandwiches	
• Rocket leaves - or salad leaves for the sandwich	

Preparation

- To begin making the Masala Sandwich with Rocket Leaves, we will first make the masala for the sandwich.
- Heat a teaspoon of oil in a wok/kadai, add the onions, ginger, garlic, capsicum and saute them on low to medium heat until soft and tender.
- Add the toma.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	15	55	15	4	6