

Recipe Name: Rock Toast Recipe - Semolina Bread Toast

Diet Type:

Course: Indian Breakfast

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 1/2 cup Sooji (Semolina/ Rava)	3
• 1/4 cup Curd (Dahi / Yogurt)	
• 1/4 cup Onion powder - finely chopped	
• 1/2 cup Green Bell Pepper (Capsicum) - finely chopped	
• 2 tablespoons Coriander (Dhania) Leaves - finely chopped	
• 1 Green Chilli - finely chopped	
• 1 teaspoon Black pepper powder	
• Salt - to taste	
• Sunflower Oil - for cooking the toast	

Preparation

- To begin making the Rock Toast, in a mixing bowl, combine semolina, yogurt, onion, capsicum, coriander leaves, green chilli, salt and pepper powder.
- Adjust the topping mixture with a little water, making sure you get a spreadable consistency.
- Let it sit as.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	4	25	2	1	1