

**Recipe Name:** Masala Carrot And Peas Sandwich Recipe

**Diet Type:**

**Course:** World Breakfast

**Cuisine:** Continental

**Quantity:**



## Ingredients

| Ingredient                          | Quantity |
|-------------------------------------|----------|
| • 6 Whole Wheat Brown Bread         | 4        |
| • 1 cup Carrot (Gajjar) - grated    |          |
| • 1 cup Green peas (Matar) - boiled |          |
| • 5 cloves Garlic - finely chopped  |          |
| • 2 Green Chillies - finely chopped |          |
| • 1/2 teaspoon Black pepper powder  |          |
| • 1 teaspoon Chaat Masala Powder    |          |
| • 1/4 cup Cheese - grated           |          |
| • Salt - to taste                   |          |

## Preparation

- To begin making Carrot and Peas Sandwich Recipe, heat 1 tablespoon oil in a pan.
- Once the oil is heated, add finely chopped garlic and green chillies in the pan.
- Saute for a few seconds and add the grated carrots and boiled green peas and let it cook for 1.

## Macronutrients

| Calories (kcal) | Protein (g) | Carbs (g) | Fat (g) | Fiber (g) | Sugar (g) |
|-----------------|-------------|-----------|---------|-----------|-----------|
| 420             | 15          | 60        | 15      | 8         | 10        |