

Recipe Name: Tandoori Aloo Gobi Kathi Roll Recipe -
Spicy Aloo Gobi Frankie

Diet Type:

Course: Snack

Cuisine: Indian

Quantity: 1 roll



Ingredients

Ingredient	Quantity
------------	----------

- | | |
|--|---|
| • 1 Cauliflower (gobi) - cut into florets | 5 |
| • 12 Baby Potatoes | |
| • 1/2 cup Curd (Dahi / Yogurt) | |
| • 1/2 teaspoon Kashmiri Red Chilli Powder | |
| • 1/2 teaspoon Chaat Masala Powder | |
| • 1/4 teaspoon Cumin seeds (Jeera) | |
| • 1/4 teaspoon Turmeric powder (Haldi) | |
| • 2 Green Chillies - chopped | |
| • 1 Onion - thinly sliced | |
| • 1 Green Bell Pepper (Capsicum) - thinly sliced | |
| • 1 Lemon - juice extracted | |
| • Salt - to taste | |
| • 2 teaspoons Sunflower Oil | |
| • 2 cups Whole Wheat Flour | |
| • Sunflower Oil | |
| • Salt | |

Preparation

- To begin making the Aloo Gobi Kathi Roll, we have to first cook the aloo and gobi.
- Allow the pressure to release naturally.
- Pe.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
320	10	40	12	4	6