

Recipe Name: Healthy Aloo Roll Recipe (Baked Bread Potato Roll)

Diet Type:

Course: Appetizer

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 8 Whole Wheat Brown Bread - slices	4
• Butter - as required for greasing the breads	
• 4 Sweet Potatoes - boiled	
• 1 Onion - finely chopped	
• 4 sprig Coriander (Dhania) Leaves	
• 2 Green Chillies - finely chopped	
• 1 Green Bell Pepper (Capsicum) - finely chopped	
• 1/4 cup Raw Peanuts (Moongphali) - roasted	
• 1 teaspoon Cumin powder (Jeera) - roasted	
• 1 teaspoon Chaat Masala Powder	
• 1 Lemon juice	
• Red Chilli powder - to taste	
• Salt - to taste	
• Sesame seeds (Til seeds) - for the crust	

Preparation

- We begin making the Healthy Aloo Roll Recipe (Baked Bread Potato Roll) by pre heating the oven to 200 C and grease a baking sheet with butter.
- Combine the mashed potatoes, bell peppers, onions, green chillies, coriander, cumin powder, chaat masala powder, salt, juice from one lemon and the pounded peanuts.
- Stir to combine all the ingredients well.
- Using a rolling pin roll the bread slice to stretch it a bit, this we do so we can roll the bread over the filling with ease.
- Spoon a teaspoon of the filling towards the centre, roll it up tightly; press and seal the edges and cut the excess away.
- Proceed the same way with the remaining slices of bread to make the bread rolls.
- To get crusty top we will dip the rolls in the melted butter, then roll this over the sesame seeds and



place it on the greased baking sheet.

- Proceed the same way with the remaining rolls and place them on a greased baking sheet.
- Place the rolls in the preheated oven and bake for about 15 to 20 minutes until the crust turns golden brown in colour.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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