

Recipe Name: Chicken Kathi Roll Recipe
Diet Type: Non-Vegetarian
Course: Main Course
Cuisine: Indian
Quantity:



Ingredients

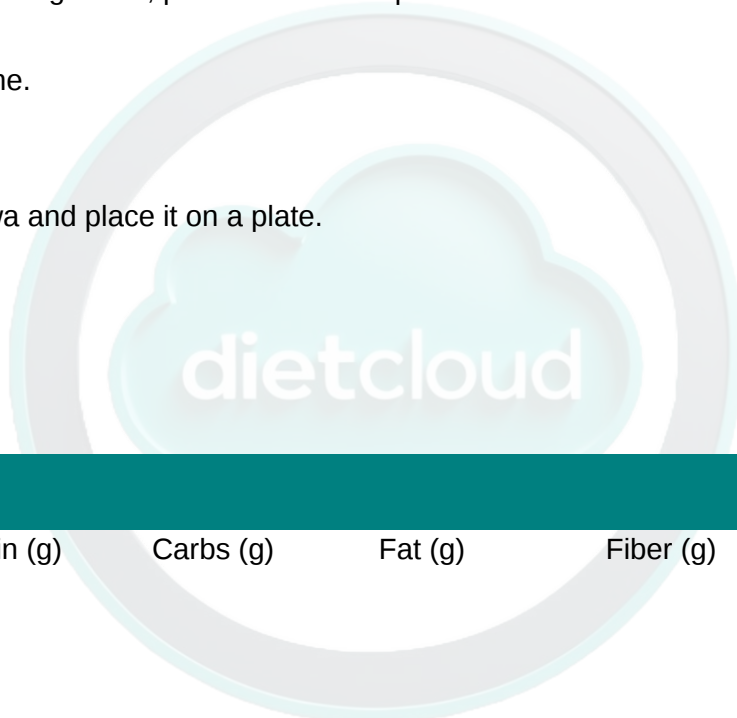
Ingredient	Quantity
• 1 cup Whole Wheat Flour • Sunflower Oil - for kneading • Salt - to taste • Sunflower Oil - to roast the parathas • 200 grams Chicken breasts - cut into thin strips • 1/4 cup Hung Curd (Greek Yogurt) • 2 tablespoons Tandoori masala • 1 tablespoon Lemon juice • 1/2 teaspoon Turmeric powder (Haldi) • Salt - to taste • 1 teaspoon Ginger - finely chopped • 2 teaspoons Garlic - finely chopped • 1 Onion - thinly sliced • 1 Green Bell Pepper (Capsicum) - thinly sliced • 1/2 cup Pickled onions • Chaat Masala Powder - to sprinkle • 2 Whole Eggs - beaten	4

Preparation

- To begin making the Chicken Tikka Kathi Roll Recipe we will first make the chicken tikka filling.
- Allow it to sit for at least 30 minutes.



- Add one tablespoon of oil to coat the dough and knead again.
 - Cover and set aside for 15 minutes.
 - Knead once again and divide the dough into 4 portions.
 - Preheat the iron skillet on medium heat.
 - Roll the dough portions into balls and flatten them with the palm of your hand.
 - Toss them on flour and roll them out into circles of approximately 8 inches in diameter.
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- With skillet on medium high heat, place a rolled out paratha on the skillet.
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- Cook until almost done.
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- Remove from the tawa and place it on a plate.



Macronutrients

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