



Veggie roll

I wanted to create a recipe with baby-corn and bell pepper. This is really an extempore, so please go ahead & create your own version of it. Please excuse the picture uploaded. It really does not do justice to taste of Veggie roll ;)

Ingredients

How many servings?

- 200 gms Wheat flour
- 100 ml luke warm water
- 2 Tomatoes - medium sized
- 4 babycorn pieces
- 1 carrot
- 1/4 Red & Yellow bell pepper
- 50-75 gms Cottage Cheese
- 1/4 Cup chopped Coriander leaves for garnishing
- 1 tsp Black Cumin
- 1 tsp Sesame seeds
- 1 tsp Garam Masala
- 2 tsp Tomato ketchup
- 1 tsp olive oil
- Salt

Steps

How long to cook?

- 1 Add little salt to wheat flour & knead soft dough with warm water & set aside.
- 2 Chop all vegetables lengthwise except for tomatoes. Chop tomatoes in small pieces.
- 3 In a non-stick pan, add Olive oil, Black Cumin & ~
- 4 Once Black cumin & Sesame seeds crackle, add chopped tomatoes.
- 5 After 4-5 mins, add chopped baby-corn, bell pepper, carrot & cottage cheese. Add salt to taste & cover with lid. Cook on simmer.

- In about 10-15 mins, check if vegetables are cooked. Add tomato ketchup. Saute & let it cook for another 2 mins. Garnish with chopped coriander leaves.



- Put a flat pan on stove, make medium sized balls from kneaded dough & roll it out into chapati

- Cook chapati on flat pan. Add little butter on

- Add cooked vegetables, roll it & wrap it up in a

- Serve hot with tomato ketchup.