

Recipe- Gobhi/ Cauliflower Paratha

Recipe- Paneer Roll/ Wrap

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Ingredients

Paratha/ Chapati 4 nos

Stuffing

Paneer 100 gm

Capsicum 1 medium

Onion 1 medium

Tomato 1 medium

Pizza/ Pasta sauce 2 tbsp

Ginger Garlic paste 1 tsp

Crushed Black pepper 1 tsp

(or according to taste)

Mixed Herbs 1 tsp

Oil 1 tbsp

Dip

Curd 1 tbsp

Green Chutney 1 tbsp

Method

- Take 1 tbsp oil in pan and heat on high flame.
- Add onion and fry until golden brown in color.
- Add Ginger garlic paste and fry.
- Add tomato and fry until soft.
- Add Pizza/ pasta sauce and fry for few seconds.

- Add capsicum mix well and reduce the flame to low.
- Cover the pan and leave for 2-3 minutes.
- Meanwhile cut paneer in small pieces (around 0.5 inch cubes).
- Now add Paneer, black pepper, salt and mix herbs and mix well.
- Cover and leave for another 2-3 minutes on low flame.
- Adjust the consistency (if gravy is too thick mix some water and boil once).
- Switch off the gas.
- Now for spread cum dip take curd in a small bowl, beat well and mix with chutney.
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- Roll and wrap in aluminium foil.
- Serve with dip and hot tea or coffee.

Tips

- This could be put in a tiffin for a quick and convenient outdoor meal.
according to your child taste and tolerance.
- Best for office, school or picnic.
- Vegan can use shortening instead of ghee.
- See more [Indian Bread Recipe](#) here.

“Be Vegetarian be Happy”

“Live and Let Live”