

Aloo Jeera Wrap



Food Item	Quantity
Potato, peeled and chopped	2 medium sized
Jaun/ Jowar/ Ragi/ Oats chapatis	2
Garam masala	1/4 tsp
Cumin seeds	1/2 tsp
Coriander powder	1/4 tsp
Salt	to taste
Cheese/paneer (prefer homemade), chopped	2 tbsp
Onion, chopped	1 small sized
Oil	1 tbsp
Red chili powder	1/2 tsp
Turmeric powder	1/4 tsp

Serving Size: 1

Procedure:

- Firstly, heat 1 tbsp oil in a pan. Add cumin seeds and let them splutter. Now add turmeric powder, coriander powder and red chilli powder. Stir gently.
- Now add chopped potatoes. Stir well and let them cook. You can add some water if needed.
- Cover the pan and cook for 2 minutes. Now take off the lid, stir it well and cook for another 5 minutes of medium-high heat

- Now place chapati in a plate, add some chopped onions, some aloo jeera mixture, sprinkle garam masala and grate cheese/paneer on it.
- Roll it like a wrap and place it aside. Repeat the steps with the rest of the chapatis.
- Now, heat 1 tbsp oil in a pan. Place all the rolls in it for just one minute.
- Once done, serve hot.

Nutritional Info:

Fats	
Carbohydrates	
Proteins	