

Whole Wheat Chana Chaat Roll

Recipe Makes: 2 serving

Nutritional Value (per serving)

Calories: 273 kcal **Protein:** 10 g **Carbohydrate:** 48.9 g **Fat:** 4.5 g

Ingredients

For Dough

½ cup Whole Wheat Flour (Atta)

1 pinch Salt

Oil, for cooking

For Stuffing

½ cup Kabuli Chana (White Chickpeas),
soaked overnight and boiled

½ inch Ginger, chopped

1 clove Garlic, pound

¼ tablespoon Red Chilli powder

¼ teaspoon Turmeric powder (Haldi)

1 tablespoon Cumin powder (Jeera)

1 tablespoon Chaat Masala Powder

Salt, to taste

1 Onion, chopped

1 Tomato, chopped

1 Green Chilli, chopped

2 sprig Coriander (Dhania) Leaves, chopped



Instructions

1. To begin making the recipe, soak the chickpeas in water till overnight. Boil the chickpeas in a pressure cooker with water, Pressure cook them for 30 minutes until they are cooked.
2. Remove from the heat, wait until all the pressure is released naturally. Strain the chickpeas and keep ½ cup of the cooked water for later use.

3. Heat a sauce pan on medium heat with oil, add ginger garlic that is chopped and fry for 1 minutes till it softens.
4. Add the cooked chickpeas, along with red chilli powder, turmeric powder, chaat masala, cumin powder, sugar and salt. Give it a toss. At this point add the preserved water and cook until the water is all evaporated and you get a little wet gravy.
5. Switch off the heat and add all the chopped vegetables along coriander leaves and give it a toss. Check for salt and keep it aside.

To make the parathas

1. Knead the flour with water to form a firm dough. Take a medium sized ball from the dough, dust some flour on to your rolling board and flatten the dough. Start rolling the dough flat to form a big circle. Do not roll it too thin.
2. Heat tawa on medium high heat, place one rolled out paratha on the tawa. After a few seconds you will notice an air pockets popping out. At this point flip the plain paratha and smear about 1/2 a teaspoon of oil. Using a flat spatula do a light pressing and turning motion to cook to the paratha.
3. Flip to the other side and press and turn the paratha in a similar way. You will notice brown spots around the parathas and it will be slightly crisp. Remove from heat and place on a platter.

To assemble

1. Take out one paratha, spoon the stuffing and place it on one side of the paratha and start rolling it tightly.
2. You can wrap it tightly with an aluminium foil and cover it tightly. This will help you to eat the roll more conveniently. You can cut it in the middle and peel off the wrapper and pack it for your lunch box as well.
3. Serve the Spicy Chana Chaat Frankie along with chutney or sauce of your choice.