



EASY, TASTY
RECIPES

VEGETABLE KAATHI ROLLS

Authentic Indian street food.

INGREDIENTS

4 portions:

Oil – 5ml
Mixed Fresh Peppers – 150g
Red Onion – 150g
Tinned Chickpeas – 150g
Chopped Tinned Tomatoes – 150g
Tortillas (10") – 4 each
Curry paste – 25g
Eggs – 3
Fresh Coriander – 5g
Crème Fraiche – 30g
Lemon Juice – 5ml

INSTRUCTIONS

1. Finely slice the peppers and onion and cook in the oil until they begin to soften.
2. Add washed and drained chickpeas to onion and peppers and stir in the chopped tinned tomatoes and curry paste. Heat through gently until a core temperature of 75°C is achieved when probed.
3. Finely chop coriander and whisk into the eggs.
4. Dip each wrap into egg mix and pan fry with a little oil. Turn halfway through cooking ensuring the egg is cooked on both sides. Place under tinfoil until ready to add filling.
5. Mix lemon juice with the crème fraiche.
6. Spoon vegetable mixture down the centre of the tortillas and top with the crème fraiche. Fold up edges enclose filling, then roll up to serve.

COOKS TIPS

Leftover Christmas Turkey can be added if you would like to add a protein to the dish, either way it will still be delicious!



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