

KATHI ROLLS

This recipe takes inspiration from a popular Calcuttan street food known as a kathi roll. They consist of a bread on which a thin omelette is cooked and then filled with a combination of fragrant marinated chicken, salad and chutney rolled up like a fajita.

Prep
20 min

Cook
25 min

Heat


Serves
4

500g **diced chicken**

1 small red **onion** -
very thinly sliced

½ **cucumber** - peeled,
deseeded and thinly sliced

2 cloves of **garlic** -
finely chopped

Fresh **ginger** - finely
chopped to make 2 tsp

½ **lemon**

100g **full fat natural yogurt**
(not Greek yogurt or
set yogurt)

3 **eggs** - beaten and
seasoned with a pinch of salt
4 large **wraps**

2tsp **Mango Chutney** (p202),
or any sweet chutney
you have to serve

2 tsp



METHI BLEND

1 tsp



HALDI BLEND

¾ tsp



MIRCHI BLEND

1

Mix the chicken with the yogurt, garlic, ginger, 2 tsp **METHI BLEND**, 1 tsp **HALDI BLEND**, ½ tsp **MIRCHI BLEND** and ½ tsp salt

2

Mix the onion with the juice of the ½ lemon, ¼ tsp **MIRCHI BLEND** and a pinch of salt then stir in the cucumber

3

Fry the chicken (including all the marinade) in 2 tbsp oil for 10 minutes or until cooked through and beginning to brown around the edges

4

Heat a large frying pan then place a wrap in to warm up, flip the wrap over and spread ¼ of the egg mixture thinly over the top. Flip the wrap again so that the egg cooks on the surface of the frying pan, wait 20 seconds then flip back

5

Place on a large plate egg side up. Cover with a clean tea towel, then repeat with the remaining wraps

6

Fill each wrap with 2 tsp mango chutney, ¼ of the chicken and ¼ of the salad then roll up like a large fajita

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EXTRAS
#1

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