



Kati rolls Free Recipe 10042025

Description

Recipe Kati rolls

These paneer-filled rolls make a great lunch or light dinner when served with other Indian accompaniments.

Each serving provides 682 kcal, 31g protein, 82g carbohydrates (of which 17g sugars), 24g fat (of which 7g saturates), 6.5g fibre and 5.2g salt.

[Banzai Japan MV](#)

https://www.youtube.com/watch?v=k_vQsyC_F1A

Shopping List

Fruit and vegetables 2–3 green chillies (bird's eye or similar), chopped, seeds in handful fresh coriander, chopped 4 garlic cloves, thinly sliced 1 tsp finely grated fresh root ginger 150g/5½oz Maris Piper or other floury potatoes, peeled and cut into chunks 100g/3½oz red onion, thinly sliced 100g/3½oz red onion, thinly sliced Tins, packets and jars 2 tsp tomato ketchup, plus extra to serve 125g/4½oz plain flour, plus extra for dusting Cooking ingredients 1 tsp red chilli powder 1 tsp cornflour 1 tsp ground cumin 1 tsp honey ½ tsp salt 1 tsp salt 4 tsp soy sauce 4 tsp sunflower oil 2 tsp sunflower oil, plus extra for frying 2 tsp tomato purée, diluted with 1½ tbsp water 3 tsp vinegar (red wine, white wine and cider vinegar all work well) Dairy, eggs and chilled 200g/7oz paneer, cut into cubes

<https://youtu.be/RR8YYeb4PMk?si=KmCkolvULfrlxyK9>

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Category

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Tags

1. Pregnancy-friendly
2. cornflour
3. tomato purée
4. red
5. floury
6. Vegetarian
7. tomato ketchup
8. fresh
9. green
10. floury potatoe
11. Kati rolls
12. tomato
13. honey
14. grated
15. potatoe
16. garlic cloves
17. salt
18. chilli powder
19. red onions
20. soy sauce
21. ground cumin
22. purée
23. sunflower
24. fresh coriander
25. cloves
26. plain
27. finely grated fresh root ginger
28. coriander
29. ground
30. root
31. grated fresh root ginger
32. onions
33. chillies
34. powder
35. finely
36. chilli
37. wine
38. oil
39. handful
40. ketchup
41. fresh root ginger
42. white

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43. paneer
44. garlic
45. root ginger
46. sauce
47. red wine
48. red onion
49. sunflower oil
50. green chillies
51. cider
52. onion
53. plain flour
54. soy
55. Cider vinegar
56. cumin
57. flour
58. handful fresh coriander
59. Maris Piper
60. Egg-free
61. vinegar
62. ginger
63. red chilli powder
64. Maris
65. Nut-free
66. white wine
67. potatoes
68. floury potatoes
69. Piper

Date Created

April 3, 2025

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