**Kathi Rolls**

**Ingredients:**

1 cup paneer – cubed into small pieces

1 1/3 cup chopped peppers – sweet, mini, or bell (your preference)

½ cup chopped onion

2 green chili peppers (optional)

1 smashed avocado

½ cup coriander or parsley

1/3 cup pickled onions – chopped small for guacamole

½ tbs. oil plus more to crisp the roti/wrap

1 tsp. cumin seeds

¼ tsp. salt (optional)

¼ tsp. black pepper

¼ tsp. coriander powder

½ tsp. turmeric powder

¼ tsp. chili flakes (optional for heat)

**Instructions:**

1. Heat a pot with ½ tbs. oil and cumin seeds.
2. Once seeds have browned, add fresh chopped onions and chili peppers. Stir and let cook for a few minutes.
3. Add the peppers and spices. Stir and let cook for a few minutes to desired texture – be sure to stir every 1-2 minutes.
4. Add the paneer to the mixture, stir and turn off the heat.
5. Make the wraps or prep the wraps.
6. To prep the wraps, add the roti to a heated dry pan and add ¼ tsp. of oil onto the roti. Use your spoon/spatula to spread the oil over the whole side of the roti and press into it so it stays flat.
7. Flip the roti, spread another ¼ tsp. of oil to this side and press the roti to flatten. Prep the rest of the wraps.
8. Mix the avocado, pickled onions, and coriander leaves to make the guacamole.
9. Now wrap it up! Spread the guacamole onto a roti, add the pepper mixture, and roll it up. You can use toothpicks to keep it together, and you can cut it in half to make it easier to eat.

Yields: 4-6 wraps (depends on how much stuffing you add)

Additional options:

* Add protein – chicken, tofu, fish
* Add a side – salad, bowl of fruit etc.