

Veg Frankie

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-frankie-roll-recipe>

Ingredients:

- 2 large potatoes boiled and mashed
- 2 garlic cloves crushed
- 2 green chilies chopped
- 1/2 inch ginger sized, crushed
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon chili powder
- 1 teaspoon chaat masala
- oil as required
- salt as required
- 1 handful cilantro leaves finely chopped
- 2 green chilies chopped
- 1 teaspoon sugar
- 1/2 cup white wine vinegar
- 1 teaspoon salt
- 1 cilantro leaves big handful of
- 1 handful mint leaves optional
- 1 shallot
- 1 garlic
- 2 tablespoons yogurt
- 2 tablespoons lemon juice
- salt as required
- roti / tortilla
- ghee / butter, as required
- tomato ketchup as required
- onions
- cabbage
- veggies
- mozzarella cheese grated
- chaat masala
- oil as required

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 48 grams
3. Fat: 10 grams
4. Fiber: 6 grams
5. Protein: 7 grams
6. SaturatedFat: 1 grams
7. Sodium: 1060 milligrams
8. Sugar: 8 grams

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