

Chicken Kathi Roll

Yield: 4 min
Total Time: 45 min

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

Ingredients:

- 2 roti
- 2 eggs
- 2 teaspoons coriander chopped
- 3 teaspoons oil
- 1 cup chicken tikka or chicken 65
- 2 tablespoons onions chopped
- 2 teaspoons coriander leaves chopped
- 2 tablespoons garlic paste ginger
- 1/4 cup chopped tomatoes
- 1 pinch turmeric powder
- salt
- chilli powder
- 1 teaspoon chopped green chilies
- oil to fry

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 140 milligrams
4. Fat: 13 grams
5. Fiber: 1 grams
6. Protein: 15 grams
7. SaturatedFat: 2 grams
8. Sodium: 300 milligrams
9. Sugar: 1 grams

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