

Whole Wheat Salad Hummus Wrap



Serves 4

Ingredients

4 whole Wheat chapati

For The Hummus

1/2 cup Soaked and Boiled Kabuli Chana (White Chick Peas)

2 TBSP low-fat Curds (Dahi)

2 TSP Olive Oil

1/2 TBSP Lemon Juice

1 TSP finely chopped Garlic (Lehsun)

Salt to taste

For The Salad

1/2 cup deseeded and sliced Tomatoes

1/2 cup sliced and blanched Carrots

1/2 cup sliced spring Onions (Whites and Greens)

1/2 cup bean Sprouts

1 cup shredded Iceberg Lettuce

2 TBSP finely chopped Coriander (Dhania)

2 TBSP finely chopped mint leaves (Phudina)

1/2 TSP roasted Cumin Seeds (Jeera) powder

1/2 TBSP Lemon Juice

1 TSP Olive Oil

Salt to taste

Method

For the Hummus

1. Combine all the ingredients and blend in a mixer till smooth using a little water.
 2. Divide it into 4 equal portions and keep aside.
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For the Salad

1. Combine all the ingredients in a bowl and toss well.
 2. Divide the salad into 4 equal portions and keep aside.
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How to proceed

1. Place a chapati on a clean dry surface and spread a portion of the hummus evenly over it.
 2. Place a portion of the salad in the centre of the chapati and roll it up tightly.
 3. Repeat steps 1 and 2 to make 3 more wraps.
 4. Serve immediately
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Source: Tarla Dalal

URL: <https://www.tarladalal.com/Carrot-Coriander-Juice-5531r>

Video URL: https://youtu.be/FOLng_IXzhc