Lunch, Indian

Chapati Wraps with Chickpea Hummus and Salad

Soft chapatis are spread with a creamy chickpea hummus, filled with a crisp, herby vegetable salad and rolled up tight for a snack you can eat with your hands.



Vegetarian | Nut free

15 min	180	27.1 g	6.3 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] lemon
- [ ] 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 (namak) to taste
- [ ] 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 (namak) to taste

Nutrition Facts

Per serving

Calories	**180**
Total fat	5.8 g
Saturated fat	Not listed
Sodium	32 mg
Total carbs	27.1 g
Fiber	7.3 g
Total sugars	6.3 g
Protein	6 g

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Method

- [ ] 1 Put the soaked and boiled kabuli chana (white chick peas), 2 tbsp low fat curds (dahi), 2 tsp olive oil, 1/2 tbsp lemon juice, finely chopped garlic (lehsun) and salt to taste into a mixer.
- [ ] 2 Blend everything till smooth with a little water, then divide the hummus into 4 equal portions and keep aside.
- [ ] 3 In a bowl, toss together the deseeded and sliced tomatoes, sliced and blanched carrots, sliced spring onions (whites and greens), bean sprouts, shredded iceberg lettuce, finely chopped coriander (dhania), finely chopped mint leaves (phudina), roasted cumin seeds (jeera) powder, the remaining 1/2 tbsp lemon juice, 1 tsp olive oil and salt to taste.
- [ ] 4 Divide the salad into 4 equal portions and keep aside.
- [ ] 5 Lay a chapati on a clean, dry surface and spread one portion of the hummus evenly over it.
- [ ] 6 Set a portion of the salad in the centre of the chapati and roll it up tightly.
- [ ] 7 Make 3 more wraps the same way with the remaining hummus, salad and chapatis.
- [ ] 8 Serve the wraps straight away with lemon wedges on the side.

General information, not medical advice.

Estimates vary with brands and portions.