Lunch, Indian

Fenugreek and Sprouted Moong Wraps

Soft chapatis are rolled around a warm filling of fenugreek leaves and sprouted moong, paired with a creamy garlic and onion curd spread.



Vegetarian

30 min	182	28.5 g	6.1 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] lemon
- [ ] 1 cup finely chopped fenugreek leaves (methi)
- [ ] 1 cup boiled sprouted moong (whole green gram)
- [ ] 1 tsp oil
- [ ] 2 tsp finely chopped green chillies
- [ ] 1/4 tsp haldi powder (turmeric powder)
- [ ] salt (namak) to taste
- [ ] 1 tsp lemon juice
- [ ] 1 tsp finely chopped garlic (lehsun)
- [ ] 2 tbsp finely chopped onion
- [ ] 1/2 cup hung low fat curds (chakka dahi)
- [ ] 1 tsp oil
- [ ] 1/2 tsp cumin seeds (jeera)
- [ ] 1/2 tsp red chilli powder
- [ ] a pinch of asafoetida (hing)
- [ ] salt (namak) to taste

Nutrition Facts

Per serving

Calories	**182**
Total fat	4.1 g
Saturated fat	Not listed
Sodium	39 mg
Total carbs	28.5 g
Fiber	6 g
Total sugars	6.1 g
Protein	8.6 g

Method

- [ ] **1** Pour 1 tsp oil into a small broad non-stick pan and scatter the cumin seeds in.
- [ ] **2** As soon as the seeds start to crackle, toss in the finely chopped garlic and the finely chopped onion, cooking them over a medium flame for 1 minute until the onion takes on a light brown colour.
- [ ] **3** Tip the cooked garlic and onion into a deep bowl holding the hung low fat curds.
- [ ] **4** Season the mixture with the red chilli powder, the asafoetida and salt, then stir until the spread is well blended.
- [ ] **5** Split the spread into 4 equal portions and set these aside.
- [ ] **6** Warm the remaining 1 tsp oil in a broad non-stick pan, drop in the finely chopped green chillies and cook them over a medium flame for 15 seconds.
- [ ] **7** Add the finely chopped fenugreek leaves next and let them cook over a medium flame for 1 minute.
- [ ] **8** Stir in the boiled sprouted moong together with the turmeric powder and salt, combining everything well before cooking it on a medium flame for 1 minute.
- [ ] **9** To finish the filling, mix in the lemon juice squeezed fresh from the lemon.
- [ ] **10** Divide this stuffing into 4 equal portions and keep them handy.
- [ ] **11** To assemble the wraps, heat a non-stick tava (griddle) and lightly cook each chapati on it, turning it so that both sides are done.
- [ ] **12** Set a chapati down on a clean, dry surface and mound 1 portion of the stuffing in its centre.

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- [ ] **13** Smooth 1 portion of the garlic and onion spread over the top and roll the chapati up tightly.
- [ ] **14** Put together 3 more wraps in the same way with the remaining chapatis, stuffing and spread.
- [ ] **15** Serve the wraps straight away.