

Twists on classic iftar recipes

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SPRING ROLLS

Ingredients

For the dough —

1 cup whole wheat flour

Whole wheat flour (for rolling)

Salt to taste

Water (as required)

1 tsp oil (for cooking)

For the stuffing —

1 tsp oil

¼ cup spring onion bulbs, finely chopped

¼ cup spring onion leaves, finely chopped

1 tsp green chillies, finely chopped

¼ cup capsicum, finely chopped

Salt to taste

¾ cup cottage cheese (crumbled)

Method

Combine all the ingredients (for the dough) in a bowl and knead into soft dough. Cover and keep aside for 10 minutes. To prepare the stuffing, heat the oil in a non-stick pan, add the chopped spring onion bulbs and leaves, green chillies and capsicum, and sauté over medium heat for about a minute.

Allow to cool, then transfer the mixture into a bowl, add the cottage cheese and salt, and mix well.



Divide the stuffing in to 4 equal portions and keep aside.

Divide the dough into 4 equal portions and roll out each portion into 6-inch diameter circles, using a little whole wheat flour for rolling. Grease a non-stick griddle with a little oil and cook each wrap over medium heat, till light brown spots appear on both the sides. Place the wraps on a dry surface. Put a portion of the stuffing on one end of each wrap and roll them up tightly.

Your spring onion rolls are now ready to serve!

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