

# Paneer Jalfrezi Wraps

## Ingredients:

- 400 grams Paneer [cut into long rectangle strips]  
[for a Vegan version – sub firm Tofu instead - drain the liquid & pat dry]
- 400g – Red Onion [½ finely chopped & ½ sliced long]
- 3 tablespoon Olive oil or avocado oil
- ½ teaspoon Cumin seeds
- 1 teaspoon Garlic finely chopped
- 1 teaspoon Ginger finely chopped
- 2 Thai Chilies sliced or crushed, adjust to taste
- 1 & ½ teaspoon Coriander powder
- ½ teaspoon Turmeric powder
- ½ teaspoon Kashmiri Chili powder
- 1 cup Tomato puree (2 Roma Tomato)
- ¼ cup Water
- 1 teaspoon Salt or to taste
- 1 Green Bell Pepper sliced
- 1 Red Bell Pepper sliced
- 1 tablespoon White Vinegar
- 1 tablespoon Sugar
- ½ teaspoon Garam masala
- 1 teaspoon Kasuri Methi (dried Fenugreek leaves)
- 1 tablespoon Cilantro chopped

## Instructions:

- Heat the oil in a pan on medium-high heat. Once the oil is hot, add cumin seeds and let them splutter. Then add chopped ginger, chopped garlic and 1 sliced Thai Chili and sauté for 1 minute until the ginger-garlic start changing color.



## For the Wraps:

- 8-inch Flour tortillas of choice – 6 pieces.
- Raita dipping sauce.
- Chopped Romaine Lettuce.
- Mint Chutney (store bought)
- Tamarind Chutney (store bought)

- Then add the finely chopped onions and cook for about 2 minutes until the onions are lightly browned.
- Now add the spices: coriander powder, turmeric powder, and the Kashmiri chili powder and let the spices cook for 30 seconds (careful not to burn).
- Add the tomato puree, Salt and Sugar and mix to combine. Cook for about 2-3 minutes or until the mixture is thick and the juice of the tomatoes has considerably evaporated.
- Then add the remaining ½ of the onion that was sliced along with the green pepper (sliced) and red pepper (sliced). Stir using a spatula until the sliced onions and peppers are well coated with the masala. Cover the pan with a lid and cook for 2 to 3 minutes.
- Add the white vinegar and mix to combine.
- Now add the Paneer strips and mix until the Paneer is well-coated with the masala. (Use Tofu in this step for the Vegan version)
- Finally add the Garam masala and Kasuri Methi. Stir everything, and then cover the pan with a lid and let it cook for 1-2 minutes.
- Garnish with chopped cilantro.

### **To assemble the wraps:**

- Warm up a wrap on a hot skillet for about 10 seconds on each side [to make it pliable].
- Lay it flat on a board.
- Smear 1/2 teaspoon each – or – desired amount of Mint Chutney and Tamarind chutney.
- Spread a preferred amount of romaine lettuce, Paneer mixture, and top it with a dollop of dipping sauce.
- Roll it up & enjoy!