

Paneer & Vegetable Kati Rolls

with Tamarind-Date Chutney

India has a rich tradition of easy-to-make, delicious street food. Each of its states boasts its own tasty specialty. In Kolkata—considered one of the country's culinary hubs—it's the kati roll. Though the roll originally consisted of ingredients cooked on a skewer (or “kati”) and wrapped up in a traditional, soft flatbread (“roti”), it now encompasses many flavorful fillings cooked in any number of ways. We're making ours with sautéed vegetables and paneer, a mild cheese with an incredible texture.



Ingredients

- 8 Ounces Paneer Cheese
- 2 Roti Wraps
- ½ Cup Plain, Low-Fat Greek Yogurt
- 3 Ounces Deglet Noor Dates
- 1 Ounce Pea Tips
- 1 Persian Cucumber
- 1 Green Bell Pepper
- 1 Red Onion
- ½ Pound Fingerling Potatoes

Knick Knacks

- ¼ Cup Tamarind Concentrate
- 1 Tablespoon Kati Roll Spice Blend
(Madras Curry Powder, Cumin Seeds, Sweet Paprika, Ground Cardamom, Nigella Seeds & Brown Mustard Seeds)

Makes 2 Servings

About 700 Calories Per Serving

Cooking Time: 25 to 35 minutes



1



Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Heat a small pot of salted water to boiling on high. Crumble the cheese. Using your hands, remove and discard the date pits; roughly chop the dates. Cut the potatoes into ½-inch-thick rounds. Thinly slice the cucumber into rounds on an angle. Cut out and discard the stem, ribs and seeds of the bell pepper; thinly slice. Peel and halve the onion; thinly slice 1 half and small dice the remaining half.

2



Cook the potatoes:

Add the **potatoes** to the pot of boiling water. Cook 7 to 9 minutes, or until just tender when pierced with a fork. Drain thoroughly and set aside.

3



Make the chutney:

While the potatoes cook, in a large pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **diced onion** and **half the spice blend**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until the seeds in the spice blend have started to pop. Add the **dates** and **½ cup of water**; cook, stirring occasionally, 3 to 5 minutes, or until the liquid has thickened and reduced in volume. Stir in the **tamarind concentrate**; cook, stirring constantly, 30 seconds to 1 minute, or until thoroughly combined. Season with salt and pepper to taste and transfer to a small bowl. Carefully rinse and wipe out the pan.

4



Make the kati filling:

In the pan used to make the chutney, heat 2 teaspoons of olive oil on medium-high until hot. Add the **bell pepper**, **sliced onion** and **remaining spice blend**; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until softened. Add the **cheese** and **cooked potatoes**; cook, stirring occasionally, 2 to 3 minutes, or until heated through. Stir in the **yogurt** and **2 tablespoons of water**. Cook, stirring frequently, 1 to 2 minutes, or until thoroughly combined; season with salt and pepper to taste. Remove from heat.

5



Warm the roti wraps:

Place the **roti wraps** on a sheet pan. Toast in the oven 1 to 2 minutes, or until warmed through. Transfer to a clean, dry work surface.

6



Finish & plate your dish:

In a medium bowl, combine the **pea tips** and a drizzle of olive oil; season with salt and pepper to taste. Divide the **kati filling**, **cucumber** and **a few of the dressed pea tips** between the **roti wraps**. Roll the wraps around the filling. Slice each in half on an angle. Divide the sliced rolls between 2 plates. Serve with the **chutney** and **remaining dressed pea tips** on the side. Enjoy!