

# Pol Roti with Salmon

## Ingredients

- tbsp Oil
- tbsp Chili powder
- g Flour
- g Grated coconut
- g Sliced Onions
- oz Salt
- Mediums Green chilis
- g Salmon
- mL Water
- g Capsicum
- cube MAGGI Chicken Seasoning Cube

## Instructions

1. Add flour to a bowl, then add coconut & salt and mix
2. Then add green chili & onion and water and mix well into a dough
3. Add Oil to a pan, once heated add onions and saute for a while
4. Then add green chili & capsicum mix well
5. Add chili flakes, salt & pepper and mix well
6. Finally add the salmon & MAGGI Chicken Seasoning Cube and cook until done.
7. Roll out the dough and keep the salmon mixture in the middle and close it up and then fry in a pan till the roti gets cooked.

## Nutrition

Carbohydrates	16.69 g
Energy	378.61 kcal
Fats	23.99 g
Fiber	4.92 g
Protein	24.33 g
Sodium	276.15 mg
Sugars	3.11 g

24 Minutes

4 Portions