

Thepla Quesadillas

Makes: 4 in no. (2 thepla each quesadilla)

Ingredients

For Thepla

- 1 cup whole wheat flour
- 1 fenugreek leaves, finely chopped
- 1/2 tsp turmeric powder
- 1 tsp chilli powder
- ½ cup curd
- salt to taste
- whole wheat flour, for rolling
- oil for cooking

Stuffing

- 2 tsp oil
- 2 tsp garlic, finely chopped
- 1/4 cup capsicum, finely chopped
- 1/2 cup boiled sweet corn kernels
- salt to taste
- 1/2 cup rajma, cooked
- 2 small tomato, finely chopped
- 1 tsp chilli powder
- 3/4 cup crumbled paneer (cottage cheese)

Recipes

For thepla

- Combine all the ingredients in a bowl, add water and knead into a soft dough. Cover the dough with a lid and keep aside.
- Divide the dough into 8 equal portions and roll out each portion into circle of approx. 5" diameter using a little whole wheat flour for rolling.
- Heat a non-stick tava, cook each thepla on a medium flame, using little oil, till light brown spots appear on both the sides.
- Do not make it crisp, as it is going to cook further. Keep aside.

Stuffing

- Heat the oil in a broad non-stick pan, add the garlic, capsicum, corn and salt. cook on a medium flame for 1 minute.
- Add the baked beans, tomatoes and chilli powder, mix well and cook on a medium flame for 1 minute.
- Switch off the flame, add the paneer and mix well.
- Divide the stuffing into 4 equal portions and keep aside.
- Place a thepla on a clean dry, put one portion of the prepared stuffing and spread it evenly.
- Place another thepla over it and press it lightly.
- Heat a non-stick tava and cook the thepla, till it turns golden brown in colour from both the sides.
- Serve immediately.