Indian Chicken Kathi Roll Recipe

A Chicken Kathi Roll is a popular Indian street food that consists of marinated and grilled chicken wrapped in a soft flatbread (paratha) along with various toppings and sauces.

Ingredients:

For the Chicken Marinade:

- 500 grams boneless chicken (cut into small strips or cubes)
- 2 tablespoons yogurt
- 1 tablespoon ginger-garlic paste
- 1 tablespoon lemon juice
- 1 teaspoon red chili powder
- 1/2 teaspoon turmeric powder
- 1 teaspoon garam masala
- 1 tablespoon vegetable oil
- Salt to taste

For the Toppings and Sauces:

- Thinly sliced onions
- Thinly sliced tomatoes
- Shredded lettuce or cabbage
- Chopped cucumber
- Chopped coriander leaves
- Green chutney (mint-coriander chutney)
- Tamarind chutney or sweet and sour sauce
- Chaat masala (optional, for added flavor)

For the Paratha (Flatbread):

- Store-bought or homemade parathas (you can also use chapatis or tortillas)

Cooking Instructions:

Marinate the Chicken:

- In a bowl, mix the yogurt, ginger-garlic paste, lemon juice, red chili powder, turmeric powder, garam masala, vegetable oil, and salt to form a smooth marinade.
- Add the chicken pieces to the marinade and coat them well. Cover the bowl and let it marinate for at least 30 minutes to 1 hour (or even longer for more intense flavors) in the refrigerator.

Cook the Chicken:

- Heat a grill pan or a regular non-stick pan over medium-high heat.
- Once the pan is hot, add the marinated chicken pieces and cook until they are tender and cooked through, and you get a slightly charred texture on the edges. Stir occasionally to ensure even cooking. This usually takes about 8-10 minutes.
- Remove the cooked chicken from the pan and keep it aside.

Prepare the Parathas:

- If you are using store-bought parathas, follow the instructions on the package to cook them.
- If you are using homemade parathas, roll out the dough into thin circles and cook them on a hot tawa (griddle) until both sides are golden brown. You can brush some oil or ghee on the paratha while cooking for added flavor.

Assemble the Kathi Rolls:

- Take one paratha and place a portion of the cooked chicken on it, slightly towards one side.
- Add some sliced onions, tomatoes, shredded lettuce or cabbage, chopped cucumber, and coriander leaves over the chicken.
- Drizzle green chutney and tamarind chutney or sweet and sour sauce over the toppings.
- Optionally, sprinkle some chaat masala on top for extra tanginess.
- Roll and Serve:
- Carefully roll the paratha from the side with the fillings, folding the edges to secure the stuffing.
- Wrap the bottom half of the rolled paratha with a piece of parchment paper or aluminum foil to hold it together.
- Your delicious Chicken Kathi Roll is ready to be served! You can serve it with additional chutney or yogurt on the side.

Enjoy your Chicken Kathi Roll, a perfect blend of flavorful chicken and refreshing toppings, all wrapped up in a soft paratha!