# ASIAN INSPIRED SHREDDED CHAPATHI | LEFTOVER CHAPATHI NOODLES



Pinit

Are you in the mood for some Asian food and all you have is some leftover chapathi or even leftover wheat/flour tortilla, here is a simple recipe with an Asian twist . As chapathis are made of whole wheat flour and with the addition

of colorful vegetables, you can make this healthy chapathinoodles for kids as snack after they come back from school.

## **Ingredients**

3 Chapathi, I used Leftover Roomali Roti

1/2 of Large White/ Red Onion, Sliced

1 Carrot, Thin Strips

1/4 Cup of Sliced Cabbage

1 Tbsp of Green Bell Pepper(Capsicum), Finely Chopped

3 Mushroom, Sliced

1/2 Tsp of Sugar

2 Green Chillies

1 Tsp of Soy Sauce

2 Tsp of Tomato Chilli Ketchup

4 Sliced Jalepeno Pepper or 1/2 Tsp of vinegar or Lemon Juice

1/4 Tsp of Black pepper Powder

Salt to Taste

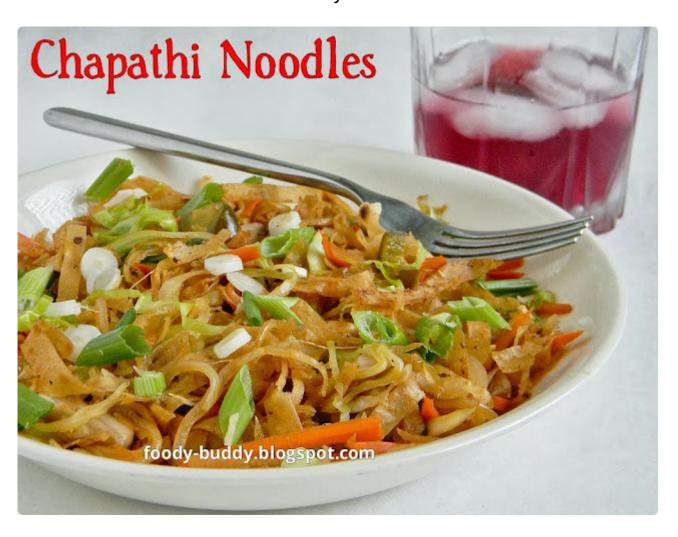
1 Spring (Green) Onion to garnish

### Method



• Stack the chapathis, one above the other and cut into four quarters, cut along lengthwise into thin strips.

- Heat oil in a pan, add sliced onion and green chilies, fry them until it turns golden brown. Add carrot, mushroom, capsicum, cabbage and salt, fry them for 2 mins.
- Then add soy sauce, sugar, tomato chilli ketchup, black pepper and jalepeno pepper. Mix well and fry them for a min.
- Finally add lengthwise cut chapathi's and toss well to mix in high flame and garnish with spring(green) onion and serve hot immediately.



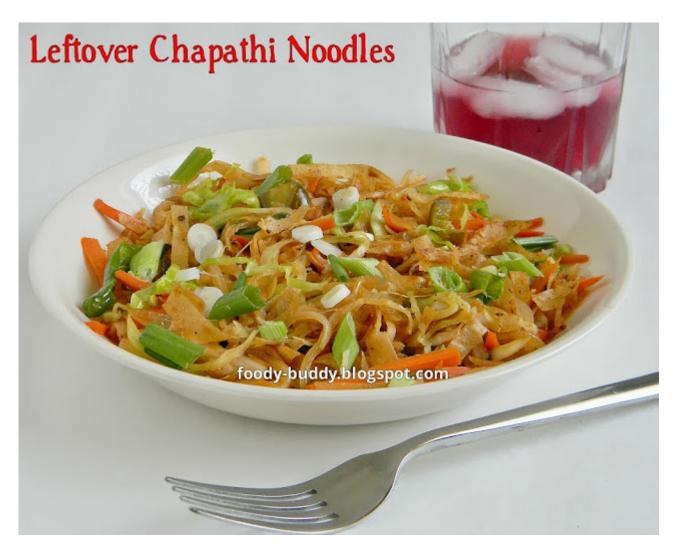
# Tips

- You can add any vegetables of your choice.
- If you don't get jalapeno peppers, instead you can add vinegar or lemon juice for tangy taste.
- You can also follow the same recipe with parotta or tortilla

- You can add tomato ketchup instead of tomato chilli ketchup.
- Teriyaki sauce can also be added for a nice taste.
- Add a tbsp of peanut butter or toasted sesame seeds/sesame oil can also be added for more authentic Asian flavor.
- Make the vegetables crunchy it should not be too soft.

# Health Benefits of Chapathi(Whole Wheat) & Vegetables

- Rich in fiber and protein.
- Reduce the risk of cardiovascular diseases and diabetes.
- Good for weight loss.
- Vegetables are home for antioxidants.
- Vegetables are packed with soluble and insoluble fibers.



1. f cardiovascular disease.

- 2. Reversing the weight gain process.
- 3. Lowers the risk of diabetes.
- 4. Excellent laxative properties.

Read more at <a href="http://foody-buddy.blogspot.com/2013/08/whole-wheat-sandwich-b">http://foody-buddy.blogspot.com/2013/08/whole-wheat-sandwich-b</a> read-how-to-make.html#UXyUDai3sGlX7WjC.99

- 5. Rich in fiber, helps in proper functioning of digestive tract and lowers the cholesterol and metabolic syndromes.
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- 15. It has powerful antioxidant, which is vitamin E, good for skins.

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