

ASIAN INSPIRED SHREDDED CHAPATHI | LEFTOVER CHAPATHI NOODLES



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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 chapathi noodles 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 <http://foody-buddy.blogspot.com/2013/08/whole-wheat-sandwich-bread-how-to-make.html#UXyUDai3sGLX7WjC.99>

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SAVORY SEMOLINA CAKE RECIPE | EGGLESS CAKE | INDIAN SNACK CAKE



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When I was looking for some healthy and eggless cake recipe, I saw this recipe in Anjum Anand show in BBC. But I slightly altered that recipe to my taste buds. This semolina cake is very simple to make with household ingredients, just

combine all the veggies, spices, semolina and yogurt in a bowl, transfer it to a baking pan and finally bake it in an oven. Addition of yogurt makes the cake moist and tasty. On every bite, sesame seeds gives a nice crunchy taste. You can have this cake either for sunday breakfast or as evening snack with tea or coffee. This cake is super moist on inside and crusty on outside. Try this eggless no butter cake in your home. Even diabetic people can enjoy this snack cake.

Ingredients

- 1 Cup of Rava (Semolina)
- 1 Cup of Thick Curd (Yogurt)
- 2 Tbsp of Water
- 1 Medium Size Carrot, Grated
- 5 Green Beans, Finely Chopped
- 3 Tbsp of Green Peas
- 1 Inch of Ginger, Grated
- 2 Green Chilies, Finely Chopped
- 1/2 Tsp of Turmeric Powder
- 1/2 Tsp of Red Chilly Powder
- 1/2 Tsp of Baking Soda
- 1-2 Tsp of Sesame Seeds
- 1 Tsp of Mustard Seeds
- 1/2 Tsp of Whole Cumin
- 1 Sprig of Curry Leaves
- 3 Tbsp of Oil (Vegetable or Canola Oil)
- Salt to taste

Yield : 1 Loaf

Method

- Wash and chop the beans and green chilly into fine pieces, grate the carrot and ginger. Keep this aside.
- In a mixing bowl, add semolina, carrot, beans, green

peas, green chilly, turmeric powder, red chilly powder, grated ginger, water and thick curd(yogurt), mix well with a spoon. Now the batter should be thick.

- Preheat the oven to 350 degree F(180 degree C)
- Heat a pan with oil, when it is hot, add mustard seeds and cumin, after it splutters, add curry leaves. Transfer the tempering to a batter, give a quick stir. Finally add baking soda to the batter and mix it.
- Grease the loaf pan with oil and pour the batter to the baking pan, sprinkle the sesame seeds on the top and bake it for 30-35 mins. Insert the tooth prick/skewer in the center of the cake, if it comes out clean, the cake is ready.
- Remove the baking pan from the oven, let it cool down for 5 mins and then slice it and serve hot with tomato ketchup.



Tips

- You can also make this cake in a pressure cooker by having sand at the bottom.
- You can add chopped onion to the batter, if you want.
- Here I used roasted rava (sooji/semolina) to make this cake.
- You can use any vegetables like capsicum, beetroot or cabbage.
- Always add baking soda at the end, that is before pouring the batter to the baking pan. It helps the cake to rise.
- Topping with sesame seeds gives a nice taste and also gives beauty to the cake.
- Always use fresh curd which makes the cake tasty and moist.

Health Benefits of Semolina/ Rava

- Good source of protein and vitamin B and E
- Semolina is made from durum wheat, so it is digested slowly. This helps you feel full longer and prevents you from overeating.
- Semolina improves kidney function, thanks to its potassium content.
- Adding vegetables to savory semolina cake and make a power-packed nutrients, as well as delicious meal.



ONION CARROT BREAD UTHAPPAM
(UTTAPAM) | INSTANT DOSA
RECIPE



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Dosa is a savory crepe and it's getting popular throughout the world because of its taste and crispy texture. This is my own recipe. After seeing some leftover bread in my pantry, I tried it by mixing some flours with bread powder and the outcome of dosa tastes really awesome. This instant uthappam does not need any fermentation and is very quick to make. All you need is leftover bread to make this dosa and some flours and spices. Here I have used rava, maida and rice flour which gives a crispy texture to the dosa. Addition of curd not only gives a mild tangy taste but also gives softness. For topping, I added some veggies to make the dosa more colorful, tasty and healthier. Try this instant leftover bread dosa with tomato ketchup and stay healthy.

Ingredients

2 [Whole Wheat Bread](#), makes 1 Cup of Bread Powder
1/4 Cup of Rava(Semolina)
3 Tbsp of Rice Flour
2 Tbsp of Maida(All Purpose Flour)
2 Tbsp of Thick Curd(Yogurt)
1 Carrot, Grated
2 Green Chillies, Chopped
1 Spring Onion, Chopped
1 Big Red Onion, Finely Chopped
1 Tsp of Whole Cumin
1 Tsp of Whole Black Pepper
1 Inch Ginger, Grated
Few Curry Leaves, Chopped
3/4 Cup of Water
Salt to taste

Servings : 3 Uthappam

Method

- Heat a pan, dry roast the rava for 2 mins, transfer it to a bowl.
- In a spice grinder/mixie, grind the bread slices to a powder. Transfer it to the same bowl to that add rice flour, maida, curd, salt, grated ginger, cumin, black pepper, curry leaves and 3/4 cup of water, mix well with a fork/spoon, you should get a dosa batter consistency. Let the batter sit for 15 mins.
- Now heat a non stick pan / cast iron pan, grease the tawa with oil, when it is hot, pour a ladle full of batter and spread it like thick uthappam. Sprinkle some chopped onion, green chillies, chopped spring onion and grated carrot, apply oil over the edges, cover it with a lid and cook it on a medium flame. Turn dosa to other side and cook until it turns crisp.
- Serve it hot with idly podi or [garlic pickle](#) or tomato

ketchup or coconut chutney.



Tips

- You can use [whole wheat bread](#) or white bread.
- Add green chilly paste or red chilly paste instead of adding chopped green chillies.
- You can add grated beetroot, cabbage or capsicum for topping.
- Adding curd gives a nice taste to dosa
- If your utthappam sticks to the pan, try to add 2 tbsp of rice flour to the batter.
- You can also make thin crispy dosa without topping.
- Adding ghee to dosa for a great taste.
- Always mix the dosa batter, before you pour dosa batter to the pan, otherwise rava will settle at the bottom.
- Always cook dosa in a medium flame.

Health Benefits of Whole Wheat

- Rich in fiber, helps in proper functioning of digestive tract and lowers the cholesterol and metabolic syndromes.
- Reduce the risk of cardiovascular disease.
- Reversing the weight gain process.
- Lowers the risk of diabetes.
- Excellent laxative properties.
- It has powerful antioxidant, which is vitamin E, good for skins.

