

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.



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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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Baby Bok Choy Dal- Dal Recipes

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Bok choy is a part of cabbage family. I got this baby bok choy from chinese store. I always add this green while making fried rice. For a change, I want this green to try with dal, it tasted absolutely divine with a tsp of ghee. This dish is often served over rice or [roti](#)

Ingredients

3 Baby Bok Choy

To Pressure Cook

1/4 Cup of Toor Dal
1/2 Tsp of Turmeric Powder
Pinch of Asafoetida
1/2 Tsp of Salt
1 Tsp of Oil
2 Cups of Water

To Temper

2 Tsp of oil
1/2 Tsp of Mustard Seeds
1/2 Tsp of Urad Dal
2 Red Chillies
1/4 Cup of Chopped Red Onion
1 Tbsp of Coconut Flakes
Few Curry Leaves

Method

- Soak toor dal in enough water for 1/2 hr. Drain the water and wash the dal in cold tap water. Keep this aside.
- In a pressure cooker, add toor dal, turmeric powder, oil, asafoetida, salt and water, cook this for 5-6 whistles. Switch off the stove.
- Heat oil in a pan, add red chillies (break it), mustard seeds, urad dal and curry leaves. After they crackles, add onion, fry for 1-2 mins until they turn golden brown.
- Add coconut flakes, saute this for 1 min.
- Add chopped bok choy, saute this for 1-2 mins.
- Add the cooked dal to a pan, cook it for 2 mins. Check

the salt and switch off the stove.

- Hot bok choy dal is ready.



Tips

- Serve this dal with [Potato Peas Fry](#) or [Colocasia Fry](#)
- You can follow the same recipe with spinach or any greens.
- You can enrich the taste by adding 1tsp of ghee.
- You can also add lemon juice while serving.

Health Benefits of Bok Choy

- Bok choy is an excellent source of vitamin A, B, C and K.
- Also good source of anti-oxidants.
- Moderate source of minerals like calcium, phosphorous, potassium, iron and magnesium .
- Great source of folic acid and fiber.



GOBI MANCHURIAN OR CAULIFLOWER FRITTERS – INDO- CHINESE RECIPES

GOBI MANCHURIAN



Gobi manchurian is a popular Indo-Chinese appetizer. It is the result of the adaptation of Chinese cooking and seasoning techniques to suit Indian tastes. In this recipe, florets are dipped in batter, deep fried and then sautéed in sweet, spicy and tangy sauce. Eat this delicious mouth watering recipe with hot [fried rice](#) on a cold winter and enjoy...

Ingredients

1 Medium sized Cauliflower, cut into florets.
Oil to deep fry

For the Batter

1/4 Cup of Maida/ All Purpose Flour
2 and 1/2 Tbsp of Corn Flour
1 and 1/4 Tbsp of Rice Flour

1/2 Tsp of Sugar
1 Tbsp of Soya Sauce
1 Tsp of Red Chilli Powder
1 Tsp of Coriander Powder
1 Tbsp of Garam Masala
1/2 Tsp of Pepper
2 Tbsp of Thick Curd / Yogurt
Salt and water as needed

For the Sauce

2 Spring Onions, Finely Chopped
1 Green Bell Pepper, Finely Chopped
2 Tbsp of Chopped Red Onion
2 Garlic Cloves, Crushed
1/2 Inch of Ginger, Crushed
1 Green Chilly
2 Tsp of Soya Sauce
1 Tsp of Sriracha Chilli Sauce
1 and 1/2 Tbsp of Maggi Hot Chilli Sauce
1/4 Tsp of Sugar
Dash of salt and pepper
2 Tbsp of Cilantro Leaves
1 Tbsp of Oil

Method

- Wash and place the florets in salted hot water for 10 mins and then drain and pat dry on a papre towel and keep it aside.
- In a bowl, add all the ingredients listed under " To the batter" to make a thick paste.
- Add all the washed florets to the bowl, keep refrigerated for 1/2 hr.
- Heat oil for deep frying in a wok/pan.
- Drop florets one by one into hot oil. Make sure the

florets are well coated with the batter.

- In a medium flame, fry all the florets until it turns golden brown and drain on paper towel. Once after all the florets have been fried , keep it aside.
- Heat oil in a pan, add crushed ginger-garlic and green chilies, stir fry on high for a min.
- Add white part of spring onion, red onion, green bell pepper, stir fry for 2-3 mins.
- In a medium heat, add soya sauce, sriracha chilli sauce, maggi tomato -chilli sauce, salt, pepper and sugar, mix well and cook for 2 mins. Add little water, saute well for 1-2 mins until you get thick consistency.
- Now add the deep fried cauliflower florets, toss well in high flame for a min and then switch off the flame.
- Finally garnish with chopped cilantro and green part of the spring onion.



Tips

- Best combo for gobi manchurian is [fried rice or chapathi](#).
- Keep tooth prick in each florets and served it as an appetizer.
- You can also add vinegar, if you prefer.
- Adding coriander powder and garam masala is optional.

Health Benefits of Cauliflower

- Rich in anti-oxidants.
- Good for better digestion and heart health.
- Rich in manganese, vitamin B, C, dietary fiber and folate.





Hi Friends,

Thank you for reading my post. Your comments and feedback is very valuable and highly appreciated. Please leave your valuable comments and feedback for this post. Thanks Gayathri.