

# Missi Roti | Savory Indian Bread | Roti Recipe



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Missi Roti is a savory Indian bread made with a combination of whole wheat flour, besan flour and spice powders. This roti is very healthy, high in protein and quite filling too. It tastes so good with [Spinach dal](#) or [sarson ka saag](#) or [raita](#). I had it with [black eyed peas mushroom gravy](#).

You can make this roti recipe for lunch or dinner. It is also perfect travel food.

## Ingredients

1 Cup of Whole Wheat Flour (Atta)  
1/4 Cup of Besan Flour (Kadalai Maavu)  
1 Tsp of Salt  
1/2 Tsp of Red Chilly Powder  
1/4 Tsp of Turmeric Powder  
1 Tsp of Coriander Powder  
1/2 Tsp of Garam Masala  
Pinch of Ajwain  
1/4 Cup of Finely Chopped Onion  
2 Green Chilies, Finely Chopped  
1 Tbsp of Finely Chopped Coriander Leaves  
2 Tsp of Oil  
Water as needed

## Method

- In a bowl, mix both the flours, turmeric powder, coriander powder, red chilly powder, ajwain, garam masala, chopped onion, green chilly, chopped coriander leaves, oil, salt and water, knead well to make a soft dough. Keep aside for 15-20 mins.
- Make a equally sized balls out of the dough. Roll out each ball into a circular shape with a rolling pin.
- Heat a pan, carefully place the rolled roti in the hot pan, cook the roti's in medium heat. When bubbles starts appearing, apply oil and flip it to the other side, cook till brown spots appear on both the sides of the roti.
- Remove it from pan and place it in serving dish. Repeat the same process with each ball of dough.
- Serve Immediately.

# Missi Roti Recipe



## Tips

- Serve with any dal or yogurt or any subzi.
- If your dough is dry, you can add some more oil or water.
- If you want more spicy, you can increase the quantity of red chilly powder.

## Health Benefits of Whole Wheat Flour

- 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.

# Missi Roti



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**ASIAN    INSPIRED    SHREDDED  
CHAPATHI | LEFTOVER    CHAPATHI  
NOODLES**

## Leftover Magic Chapathi



[Pin it](#)

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 chillies, 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-b>

[read-how-to-make.html#UXyUDai3sGlX7WjC.99](http://foody-buddy.blogspot.com/2013/08/whole-wheat-sandwich-b-read-how-to-make.html#UXyUDai3sGlX7WjC.99)

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# EASY & QUICK CAULIFLOWER FRY | CAULIFLOWER PORIYAL



[Pin it](#)

Cauliflower fry is a simple, quick to make side dish. This simple vegetable stir fry can be made with less ingredients in a very less time. It tastes so good with [sambar rice](#) or [rasam rice](#) or [curd rice](#) or any variety rice dishes like [coconut rice](#).

## **Ingredients**

1 Small Cauliflower, about 1 and 1/4 Cup of Florets

1.5 Tsp of [Sambhar Powder](#)

Salt to Taste

Water as needed

### To Temper

2 Tsp of Cooking Oil

1 Tsp of Mustard Seeds

1 Tsp of Urad Dal

1 Sprig of Curry Leaves

### Method

- Separate the florets from cauliflower and wash it in tap water.
- Heat oil in a cast iron pan, when it is hot, add mustard seeds, urad dal and curry leaves, after it splutters, add cauliflower florets and salt, fry this for few mins, sprinkle some water, mix it, cover and cook this for 5 mins until it turns soft and cooked.
- Add [sambhar powder](#) to the cauliflower florets, fry this for a min, in a medium flame, cover and cook this for 5 mins until you get brown spots. Once it done, turn off the flame.
- Serve with [coconut rice](#) or [sambar rice](#) or [rasam rice](#).

### Tips

- Adjust spiciness according to your taste.
- If you don't have sambhar powder, add 2 tsp of coriander powder, 1 tsp of red chily powder and 1/2 tsp of turmeric powder.

### Healthy Benefits of Cauliflower

- Excellent source of antioxidants.
- Anti-inflammatory properties.
- Protect against cardiovascular and cerebrovascular disease.
- Clean your digestive system.
- Good source of vitamin B and minerals.

## Cauliflower Fry

