



Chapatti Noodles (OP W)

Serving: 1

Veg

Ingredients

- 2 chapatis
- 1 tsp oil
- 2 chopped garlic (lehsun) cloves
- 1 sliced onions
- 1 chopped green chillies
- 3 tbsp cabbage
- 3 tbsp chopped carrots
- 2 tbsp chopped capsicum
- 1/2 tsp soy sauce
- 1 tsp tomato-chilli sauce
- freshly ground black pepper powder to taste
- salt to taste
- 1 tbsp chopped coriander (dhania)
- 2 tbsp chopped spring onion greens

Preparation Method

- Cut chapattis into long thin strips.
- Heat oil in a non-stick pan. Add garlic, onion and green chilli and sauté for minute.
- Add cabbage, carrots, capsicum and sauté for 3 minutes. Add soya sauce, tomato-chilli sauce, pepper powder and salt.
- Add chapatti strips, lemon juice and toss on high heat to mix.
- Serve hot pack warm in tiffin.