

INDIAN CUISINE

**EAT WELL
LIVE WELL**

**THE SMARTER WAY
TO EAT WHAT YOU LOVE**

INDIAN CUISINE

APPETISER

Carrot and Coriander Soup

DINNER

Gulai Ayam

Hyderabadi Kheema Matar

Namkeen Semiya

Patrani Macchi

Rava Uppitu

Tandoori Chicken

SIDE DISH

Bombay Aloo

Kadai Subz

Mint Peas Pulao

DESSERT

Murgh Rangeeli Seekh

Phalon Ki Chaat

LUNCH

Curried Rice Salad

Hariyali Paneer Tikka

Moong Usal

CARROT AND CORIANDER SOUP



CHEF
MILIND SOVANI

"This is a light, healthy soup that's packed with flavours."



INGREDIENTS

• Carrots, grated	400g
• Green coriander, chopped	1/2 cup
• Fennel seeds	2 tsp
• FairPrice Canola Oil	1/2 tbsp
• Peppercorn	15-18
• Onion, chopped	1
• Water	6 cups
• Bay leaf	2
• Light cream	1/2 tbsp
• Salt, to taste	

STEPS

1. Heat oil in a pan. Add the peppercorn, bay leaf and fennel.
2. Add the onions and sauté till light brown. Add the grated carrots and water. Boil the mixture till the carrots are cooked. Add the coriander and immediately remove and cool.
3. Place the soup in a blender and blend to a smooth paste (strain if necessary).
4. Heat the soup in a sauce pan, adding the seasoning. Adjust the consistency with water, stir in the cream.
5. Serve hot.

HEALTHY COOKING TIPS

1. Heat oil till hot before cooking. This will shorten your cooking time and reduce the amount of oil absorbed by the ingredients.
2. Use fresh ingredients, herbs and spices or low-sodium seasoning to enhance the flavour of soup stock.
3. Cooking carrots and tomatoes helps release their phytochemicals, making them available for the body to absorb.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 79kcal, Carbohydrate 13.8g, Protein 1.6g, Total fat (g and % of total calories) 2.6g (27.6%), Saturated fat 0.2g, Cholesterol 0mg, Dietary Fibre 3.9g, Sodium 225mg.

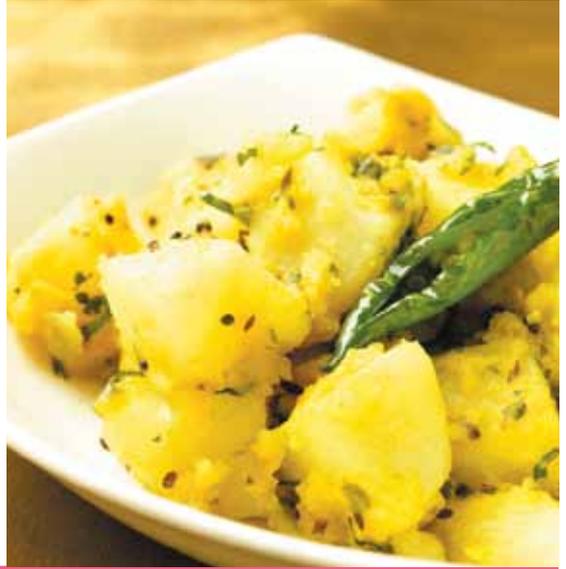


BOMBAY ALOO POTATO CURRY



CHEF
MILIND SOVANI

"For the days when you don't have too many ingredients in your fridge, this is a quick dish to whip up."



INGREDIENTS

- Potatoes, boiled and cut into 1-inch cubes 400g
- Canola oil 4 tsp
- Cumin seeds 1 tsp
- Mustard seeds 1/2 tsp
- Green chillies, chopped 1 tsp
- Turmeric powder 1/4 tsp
- Nestlé Natural Set Yogurt, beaten 80g
- Coriander powder 1/2 tsp
- Sugar 1/4 tsp
- Green coriander, chopped 1 tbsp
- Salt, to taste

STEPS

1. Heat oil in a pan. Add the cumin and mustard seeds, and heat until they crackle.
2. Add the green chilli and turmeric powder and sauté for a few seconds.
3. Add the beaten yogurt, mix well, then add sugar, coriander powder and salt.
4. Add the potato cubes, mix well and sauté for 3-4 minutes.
5. Serve hot, and garnish with chopped green coriander.

HEALTHY COOKING TIPS

1. Use unsaturated oils (such as sunflower oil, canola oil, olive oil) instead of saturated oils (such as ghee, butter, blended vegetable oil) to reduce your risk for heart disease.
2. Instead of salt, use fresh herbs and spices to add interesting and varied flavours to this dish.
3. Milk and dairy products provide calcium, which is essential for healthy bone growth and development.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 79kcal, Carbohydrate 13.8g, Protein 1.6g, Total fat (g and % of total calories) 2.6g (27.6%), Saturated fat 0.2g, Cholesterol 0mg, Dietary Fibre 3.9g, Sodium 225mg.



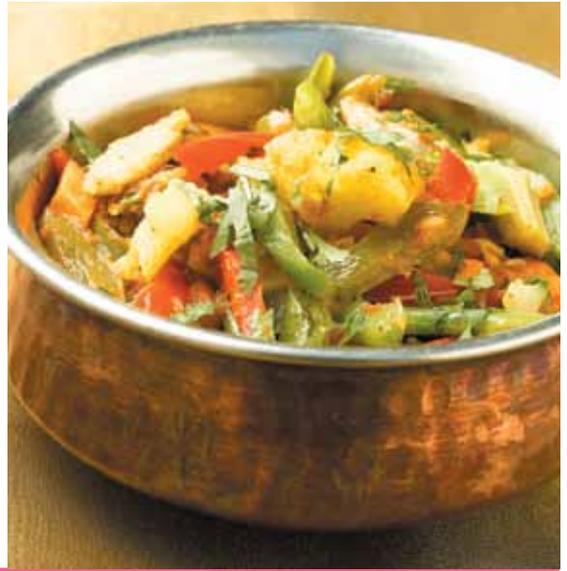
KADAI SUBZ

STIR FRIED VEGETABLE MEDLEY



CHEF
MILIND SOVANI

"Cutting the vegetables in the same shapes and sizes improves the presentation of this dish."



INGREDIENTS

• Baby corn	50g
• Carrots	80g
• Mushrooms	50g
• Assorted green & red bell peppers	2
• Cauliflower florets	80g
• Small onions chopped	2
• Olive oil	1 tsp
• Crushed coriander seeds	1 tsp
• Whole red chillies	3
• Ginger paste & garlic paste	10g each
• Red chilli powder	1 tsp
• Tomatoes, medium-sized, chopped	1
• Onions, medium-sized, chopped	2
• Turmeric powder	1/2 tsp
• Garam masala powder	1/2 tsp
• Nestlé Natural Set Yogurt	2 tbsp
• Coriander leaves, chopped	1 tbsp
• Salt, to taste	

STEPS

1. Cut the carrots, baby corn, bell peppers into 2-inch batons.
2. Quarter the mushrooms and small onions, and cut the cauliflower into florets.
3. Blanch the carrots, baby corn, mushrooms and cauliflower.
4. Heat oil in a pan and add the crushed coriander seeds until they crackle, then add whole red chilli and sauté.
5. Add the chopped onions and fry until golden brown.
6. Add the ginger and garlic paste and sauté. Add the tomatoes and cook till soft.
7. Add turmeric powder, chilli powder and garam masala powder, sauté and add yogurt. Fry well.
8. Add all the vegetables and stir-fry. Add salt to taste and mix well.
9. Serve hot and garnish with chopped green coriander. Enjoy with naan bread.

HEALTHY COOKING TIPS

1. Use unsaturated oils (such as sunflower oil, canola oil, olive oil) instead of saturated oils (such as ghee, butter, blended vegetable oil) to reduce your risk for heart disease.
2. Vegetables and fruits are rich in vitamins, fibre and phytochemicals (beneficial plant substances such as carotenoids and flavonoids) that help lower the risk for some cancers.
3. Cooking carrots and tomatoes helps release their phytochemicals, making them available for the body to absorb.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 106kcal, Protein 4.1g, Total fat (g and % of total calories) 4.4g (34.1%), Saturated fat 0.7g, Cholesterol 0.5mg, Carbohydrate 15.0g, Dietary Fibre 3.8g, Sodium 351mg.



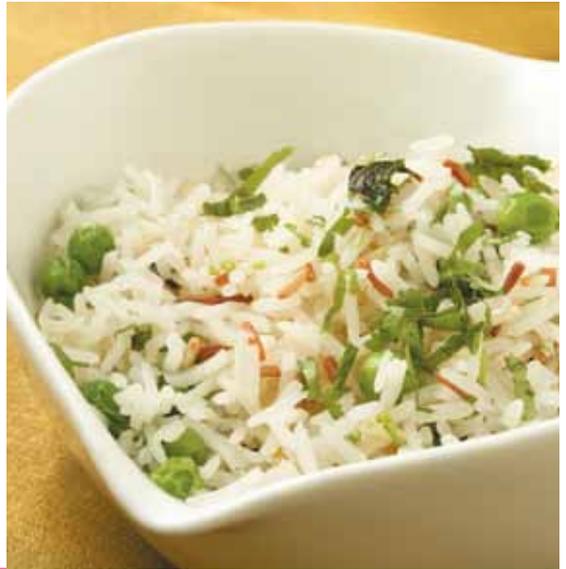
MINT PEAS PULAO

FINE BASMATI RICE WITH PEAS



CHEF
MILIND SOVANI

"To avoid ending up with a sticky lump of rice, sauté the rice with oil well. For faster results, you can also use a pressure cooker."



INGREDIENTS

- FairPrice Healthy Rice 120g
- Green peas 60g
- Mint leaves, chopped 2 tbsp
- Onion, sliced 50g
- Green cardamom 3
- Cloves 3
- Bay leaf 1
- Water 1 cup
- Corn oil 5 tsp
- Salt, to taste

STEPS

1. Wash and soak rice for 15 minutes and drain.
2. Heat oil in a large pan, add the cardamom, cloves and bay leaf, and sauté.
3. Add the onions and sauté till translucent.
4. Add the green peas and sauté for a few seconds.
5. Add the rice, and sauté till the grains separate.
6. Add 1 cup of hot water and salt, stir well and bring to a boil.
7. Cover with a lid and cook over slow fire for 12-14 minutes till all the water is absorbed and the rice is cooked. The grains should be separate and the rice should be easy to fluff.
8. Remove and serve hot.

HEALTHY COOKING TIPS

1. Heat oil till hot before cooking. This will shorten your cooking time and reduce the amount of oil absorbed by the ingredients.
2. Plant-based foods such as whole grains (for example, brown rice, wholemeal bread and oats), vegetables, fruits and beans are rich in fibre, which promotes the feeling of fullness and also helps control your blood sugar.
3. Beancurd, pulses, lentils, peas and beans are good sources of protein, and are low in saturated fat. They can replace meat in some dishes.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 178kcal, Protein 3.1g, Total fat (g and % of total calories) 6.1g (30.3%), Saturated fat 0.8g, Cholesterol 0mg, Carbohydrate 28.4g, Dietary Fibre 1.8g, Sodium 190mg.

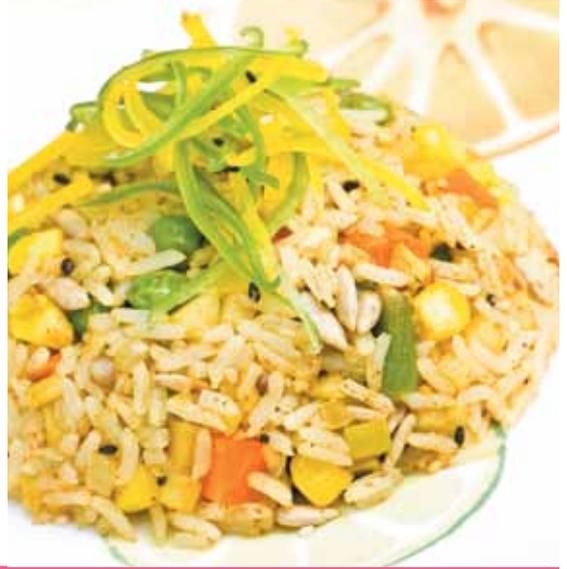


CURRIED RICE SALAD



CHEF
YEN KOH

"This dish was inspired by the Indian curried rice, only I have added raisins and fruits to balance the flavours."



INGREDIENTS

• FairPrice Canola Oil	2 tsp
• Onion, chopped	60g
• Curry powder	2 tsp
• Green apples, diced	80g
• Brown rice, uncooked	200g
• Frozen mixed vegetables, thawed	240g
• Raisins	100g
• Salt	a pinch
• Black pepper	a pinch
• Vinaigrette dressing	80ml
• Sunflower seeds	30g

STEPS

1. In a pre-heated pan, add oil and fry the onions and curry powder till fragrant.
2. Add the green apples and cook for 2 minutes till slightly softened. Allow the mixture to cool till room temperature.
3. Cook brown rice in a rice cooker, then set aside to cool.
4. In a clean bowl, combine all the ingredients and toss lightly with vinaigrette.
5. Serve at room temperature.

HEALTHY COOKING TIPS

1. Use more water when cooking whole grains, as they absorb more water than refined grains.
2. Make your own healthy salad dressing to control the amount of fat, oil or seasoning.
3. Plant-based foods such as whole grains (for example, brown rice, wholemeal bread and oats), vegetables, fruits and beans are rich in fibre, which promotes the feeling of fullness and also helps control your blood sugar.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 300kcal, Protein 5.7g, Total fat (g and % of total calories) 9.8g (28.0%), Saturated fat 1.0g, Cholesterol 0mg, Carbohydrate 50.8g, Dietary Fibre 5.2g, Sodium 262mg.



HARIYALI PANEER TIKKA

COTTAGE CHEESE IN GREEN
CHUTNEY MARINADE COOKED
IN A TANDOOR



CHEF
MILIND SOVANI

"Cooking in a tandoor is a very healthy way of cooking; but you can adapt by cooking the dish in the oven."



INGREDIENTS

- Paneer (cottage cheese) 300g

GREEN CHUTNEY

- Mint 1/2 cup
- Green coriander 1/2 cup
- Green chilli 3
- Ginger 1 tbsp
- Garlic 1 tbsp
- Anardana powder (pomegranate dry seeds) 1 tsp

MARINADE

- Nestlé Natural Set Yogurt 150g
- Cumin powder 1 tsp
- Chat masala 1 tsp
- Salt 1/4 tsp
- Lettuce 50g

STEPS

1. Cut the Paneer (cottage cheese) into 2-inch cubes.
2. Put all the ingredients for the green chutney in a blender to make a smooth paste. Add just a little water if needed.
3. In a bowl, mix the marinade ingredients and add the green chutney.
4. Dip the Paneer cubes in the marinade, making sure the Paneer cubes are well coated. Marinate for 30 minutes.
5. Arrange the Paneer cubes on a thin skewer and cook in a tandoor for 4-5 mins; or place them on the grid tray of an oven and cook at 200°C for 8-10 minutes.
6. Remove and serve hot on a bed of lettuce.

HEALTHY COOKING TIPS

1. Grilling or baking, instead of deep frying, is a great way to create tasty dishes that are healthier and lower in fat.
2. Use fresh ingredients, herbs and spices or low-sodium seasoning to enhance the flavour of the marinade.
3. Milk and dairy products provide calcium, which is essential for healthy bone growth and development.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 100kcal, Carbohydrate 8.1g, Protein 12.5g, Total fat (g and % of total calories) 1.7g (15.7%), Saturated fat 0.9g, Cholesterol 5.7mg, Dietary Fibre 1.2g, Sodium 492mg.



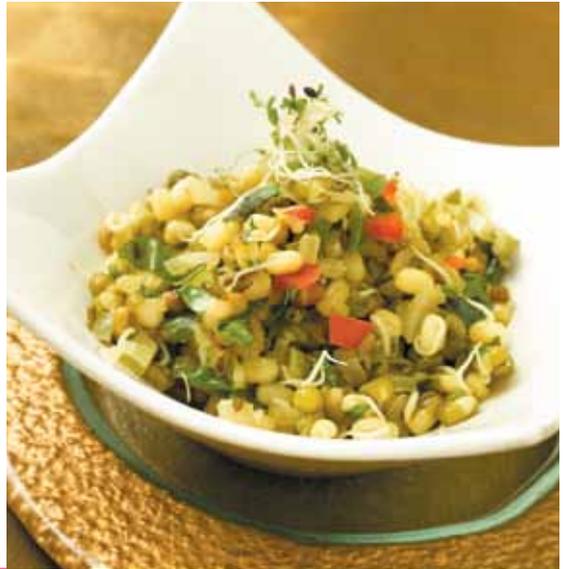
MOONG USAL

STIR-FRIED HEALTHY SPROUTED MOONG



CHEF
MILIND SOVANI

"We grow mung beans at the restaurant to ensure their freshness, but you can also buy them. It has many names: green bean, mung, moong, moog dal, mash bean, munggo or monggo, green gram, golden green and green soy."



INGREDIENTS

• Mung beans	300g
• Onion, chopped	2 tbsp
• FairPrice Olive Oil	1 tsp
• Curry leaves	5-6
• Cumin seeds	1 tsp
• Turmeric powder	1/4 tsp
• Sugar	1/2 tsp
• Lime juice	1/2 tsp
• Green coriander leaves	2 tbsp
• Salt	1/4 tsp
• Green chilli	4
• Water	2 tbsp

STEPS

1. Clean, wash and soak the whole mung beans overnight. Then drain the water and wrap the beans in a wet muslin cloth for 2 days till the sprouts form.
2. Heat oil in a pan, add the cumin seeds. When the oil crackles, add the curry leaves and onions. Sauté onions till translucent.
3. Add the turmeric and chopped green chilli, and sauté for a minute.
4. Add the sprouted mung, mix well, adding the sugar, lime juice, salt and water to cover the sprouted beans. Cook till they are cooked yet firm (approximately 5-7 minutes).
5. Add the green coriander leaves and mix well.
6. Serve hot, garnished with chopped coriander.

HEALTHY COOKING TIPS

1. Cook vegetables lightly or until just cooked to retain their crunch and flavour. Overcooking will reduce their nutritional value.
2. Plant-based foods such as whole grains (for example, brown rice, wholemeal bread and oats), vegetables, fruits and beans are rich in fibre, which promotes the feeling of fullness and also helps control your blood sugar.
3. Fruits, vegetables, oats and beans are rich in soluble fibre, which helps lower blood cholesterol.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 46kcal, Carbohydrate 7.2g, Protein 2.8g, Total fat (g and % of total calories) 1.4g (24.1%), Saturated fat 0.2g, Cholesterol 0mg, Dietary Fibre 1.6g, Sodium 151mg.



GULAI AYAM

CHICKEN CURRY



CHEFS KINTAMANI

"You can use chicken breast for this recipe as well."



INGREDIENTS

- Chicken leg, boneless and skin removed 400g
- Onion, medium 200g
- Chilli powder 1/2 tsp
- Turmeric powder 1/2 tsp
- Curry powder 1 tsp
- Ginger 1 tsp
- Garlic, crushed 2g
- Green capsicum, sliced 30g
- Salt 1/4 tsp
- Pepper 1/4 tsp
- FairPrice Sunflower Oil 1 tbsp
- Low-fat evaporated milk 480g
- Curry leaf 2g

STEPS

1. Rub the chicken with salt.
2. Heat oil in a frying pan and gently fry onions until translucent.
3. Remove the onions from the pan and add chilli powder, turmeric powder, curry powder, curry leaf, ginger and garlic.
4. Cook gently for a few minutes.
5. Add chicken and fry on all sides until golden.
6. Add the onions and evaporated milk.
7. Simmer, cover for 20 minutes or until tender.
8. Remove the lid, add capsicum and cook for another 5 minutes.
9. Serve.

HEALTHY COOKING TIPS

1. Instead of salt, use fresh herbs and spices to add interesting and varied flavours to your dishes.
2. Coconut milk is high in saturated fat. To make your coconut milk-based dishes healthier, try substituting at least 1/4 of the coconut milk with low-fat or low-fat yogurt mixed with water.
3. Leaner cuts of meat (such as skinless chicken breast, lean pork or beef) are flavourful yet lower in fat. To enhance their healthfulness, remove the visible fat and skin before cooking.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 286kcal, Protein 30.4g, Total fat (g and % of total calories) 9.3g (29.3%), Saturated fat 2.2g, Cholesterol 80mg, Carbohydrate 19.9g, Dietary Fibre 1.2g, Sodium 354mg.



HYDERABADI KHEEMA MATAR

MINCED LAMB AND GREEN PEAS,
HYDERABADI STYLE



CHEF
MILIND SOVANI

"This dish goes very well with all kinds of western bread, too!"

INGREDIENTS

• Lamb, minced	250g
• Green peas	150g
• Onions, chopped	100g
• Ginger, chopped	15g
• Red chilli powder	1 1/2 tsp
• Coriander powder	1 tsp
• Cumin powder	1 tsp
• Bay leaf	1
• Cinnamon stick	1-inch
• Green cardamom	3
• Cloves	3
• Canola oil	5 tsp
• Salt, to taste	

STEPS

1. Heat oil in a pan. Add the cinnamon stick, cardamom, cloves and bay leaf.
2. Sauté for a few seconds and add the onions. Sauté onions till golden brown.
3. Add the chopped ginger, chilli powder, cumin and coriander powder.
4. Sauté for a while and add the minced lamb. Sauté well till all water dries out and the minced lamb is cooked well.
5. Add the green peas, mix well, and cook for 3-4 minutes. Season with salt to taste.
6. Remove and serve hot. Best enjoyed with Tandoori roti.

HEALTHY COOKING TIPS

1. Heat oil till hot before cooking. This will shorten your cooking time and reduce the amount of oil absorbed by the ingredients.
2. Leaner cuts of meat (such as skinless chicken breast, lean pork or beef) are flavourful yet lower in fat. To enhance their healthfulness, remove the visible fat and skin before cooking.
3. Beancurd, pulses, lentils, peas and beans are good sources of protein, and are low in saturated fat. They can replace meat in some dishes.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 194kcal, Protein 15.7g, Total fat (g and % of total calories) 9.4g (43.9%), Saturated fat 1.8g, Cholesterol 50mg, Carbohydrate 11.3g, Dietary Fibre 4.1g, Sodium 156mg.

NAMKEEN SEMIYA

LUCKHNAVI STYLE
SAVOURY VERMICELLI



CHEF
MILIND SOVANI

"Vermicelli is a popular ingredient in Indian cuisine for both sweet and savoury dishes. For even better flavours for this recipe, try roasting the vermicelli for a short while in advance."

INGREDIENTS

• Roasted vermicelli, lightly crushed	200g
• FairPrice Canola Oil	2 tsp
• Ghee	1 tsp
• Cumin seeds	1 tsp
• Onions, chopped	1 tbspc
• Green chilli, chopped	1
• Salt	1/4 tsp
• Cashewnut	2 tsp
• Spinach, chopped	80g
• Warm water	3/4 cup

STEPS

1. Heat the oil and ghee in a deep pan, and add the cumin seeds. Let them crackle.
2. Add the onions and sauté till translucent, then add the chilli and cashew nuts. Sauté for a while.
3. Add the water and once it boils, add the broken/crushed vermicelli, and stir.
4. Cover with a lid, and simmer over a low fire till all the water is absorbed and the vermicelli is cooked.
5. Add the spinach and cook for 1 minute. Season with salt, ensuring that the vermicelli is soft and moist.
6. Serve hot.

HEALTHY COOKING TIPS

1. Use unsaturated oils (such as sunflower oil, canola oil, olive oil) instead of saturated oils (such as ghee, butter, blended vegetable oil) to reduce your risk for heart disease.
2. Use fresh ingredients, herbs and spices or low-sodium seasoning to enhance the flavour of your dishes.
3. Nuts are a rich source of unsaturated fat, especially Omega-3 fatty acids, which benefit heart health.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 240kcal, Carbohydrate 39.1g, Protein 7.5g, Total fat (g and % of total calories) 5.8g (21.8%), Saturated fat 1.2g, Cholesterol 3.2mg, Dietary Fibre 1.7g, Sodium 165mg.



PATRANI MACCHI

STEAMED GREEN CHUTNEY POMFRET FISH



CHEF
MILIND SOVANI

"Wrapping the fish in a banana leaf imparts a unique flavour to the fish. You can also replace this with baking parchment paper if desired."



INGREDIENTS

- Pomfret, 250g each 2
- Banana leaf 2
- Lemon 1/2
- Salt 1/4 tsp

STUFFING

- Coconut flesh 1/2 cup
- Spinach, blanched 3/4 cup
- Green chilli 3-4
- Green coriander 1/2 cup
- Garlic 5-6
- Lemon 1/2
- Salt 1/4 tsp
- Ginger, thin slices 5
- Water 1/2 cup

STEPS

1. Wash and clean the pomfret. With a sharp knife, make a 3-inch slit on both top sides, close to the gills. This creates pockets for the stuffing. Rub salt and lemon on the outside and inside of the pomfret. Set aside for 15 minutes.
2. Blend all the ingredients for the stuffing in a blender to make a thick paste.
3. Stuff the pockets with the stuffing and rub it all over the fish, too.
4. Wrap the pomfret in a banana leaf and tie it up with twine/string.
5. Steam the fish in a steamer for 15 minutes.
6. Remove the string and serve the pomfret hot wrapped in the banana leaf.

HEALTHY COOKING TIPS

1. Steaming is a healthy, low-fat way to cook that brings out the flavours of fresh ingredients.
2. Vegetables and fruits are rich in vitamins, fibre and phytochemicals (beneficial plant substances such as carotenoids and flavonoids) that help lower the risk for some cancers.
3. Use fresh ingredients, herbs and spices or low-sodium seasoning to enhance the flavour of the marinade.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 168kcal, Protein 19.0g, Total fat (g and % of total calories) 8.1g (40.5%), Saturated fat 3g, Cholesterol 38.8mg, Carbohydrate 7.7g, Dietary Fibre 2.7g, Sodium 445 mg.

RAVA UPPITU

TEMPERED SAVOURY SEMOLINA



CHEF
MILIND SOVANI

"When I was growing up, this was a popular breakfast dish. This is also a welcome snack, any time of the day."



INGREDIENTS

• Semolina (rava)	150g
• Onions, chopped	50g
• Carrots, grated	50g
• Canola oil	1 tbsp
• Curry leaves	8
• Mustard seeds	1/2 tsp
• Sugar	1 tsp
• Green chilli, chopped	1 tsp
• Asafoetida (hing)	a pinch
• FairPrice Pasar Cashew Nuts	8
• Fresh coconut, grated	2 tsp
• Fresh coriander, chopped	1 tbsp
• Water, hot	280ml
• Salt	1/4 tsp

STEPS

1. Dry roast the semolina in a non-stick pan till fragrant but not till it gets coloured. Set aside.
2. Heat oil, add mustard seeds and heat till they crackle.
3. Add the curry leaves and green chilli. Sauté.
4. Add the onions and sauté till translucent, then sprinkle the asafoetida powder.
5. Add the carrots and sauté for 2 minutes.
6. Add the roasted semolina and hot water, then mix well.
7. Add sugar, cashew nuts and salt, and keep stirring.
8. Sauté the mixture until all the water is absorbed and the semolina is soft and dry.
9. Garnish with coriander and coconut. Serve hot.

HEALTHY COOKING TIPS

1. Heat oil till hot before cooking. This will shorten your cooking time and reduce the amount of oil absorbed by the ingredients.
2. Nuts are a rich source of unsaturated fat, especially Omega-3 fatty acids, which benefit heart health.
3. Instead of salt, use fresh herbs and spices to add interesting and varied flavours to your dishes.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 224kcal, Protein 6.5g, Total fat (g and % of total calories) 7.4g (29.7%), Saturated fat 1.6g, Cholesterol 0mg, Carbohydrate 32.7g, Dietary Fibre 2.8g, Sodium 158mg.

TANDOORI CHICKEN



RECIPE DEVELOPED BY
THE SINGAPORE HEART
FOUNDATION AND
CHEF SAKTHIVEL KARRUPAIAH
OF ALLSPICE INSTITUTE

INGREDIENTS

• Chicken (whole breast & leg), skin removed	500g
• Yogurt, low fat	90ml
• Red chilli paste	1 tsp
• Red chilli powder (Kashmiri chilli)	1 tsp
• Coriander powder	1 tsp
• Garam masala	½ tsp
• Turmeric powder	¼ tsp
• White pepper powder	¼ tsp
• Nutmeg powder	1/8 tsp
• Chickpea flour	2 tsp
• Ginger garlic paste	2 tsp
• Cumin powder	¼ tsp
• Lemon juice	2 tsp
• Salt	¼ tsp
• Mustard oil	2 tsp

STEPS

1. Remove the skin from the chicken pieces, and cut slits into them lengthwise. Place the chicken pieces in a shallow dish.
2. In a medium bowl, combine the wet and dry ingredients, and mix until smooth. Spread this mixture over the chicken. Cover, and refrigerate for 10-12 hours (the longer, the better).
3. Pre-heat an outdoor grill for medium-high heat, and lightly oil the grate. Cook until juices run clear.
4. Alternatively, bake in a tray in a pre-heated oven at 200°C for 30-35 mins.
5. Serve with some stuffed vegetable paratha or chapati and a side salad.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy: 228 kcal, Protein: 32g, Carbohydrates: 5.2g, Total fat: 8.2g, Sodium: 316mg, Cholesterol: 92 mg, Fibre: 0.9g

Contributed by



MURGH RANGEELI SEEKH

TANDOOR GRILLED CHICKEN
KEBABS WITH BELL PEPPER



CHEF
MILIND SOVANI

"Kebabs are perfect party food especially when you are entertaining friends at home. You can prepare the ingredients in advance, and just pop into the oven when they arrive."

INGREDIENTS

- Chicken, boneless 250g
- Green and Red capsicum, 1-inch cubes 50g
- Onion, 1-inch cubes 50g
- Tomato, 1-inch cubes 50g

MARINADE

- Low-fat yogurt 200g
- Ginger paste 2 tsp
- Garlic paste 2 tsp
- Green chilli, chopped 3
- FairPrice Olive Oil 1 tbsp
- Lime juice 2 tbsp
- Roasted gram flour 2 tbsp
- Salt 1/4 tsp
- Green cardamom powder 1 tsp
- Ginger, chopped 1 tbsp
- Light cream 1 tbsp

STEPS

1. Clean and cut the chicken into 2-inch cubes.
2. Clean and cut all vegetables into 1-inch pieces.
3. Prepare the marinade by mixing all the ingredients together.
4. Add all the vegetables and chicken to the marinade, mix well and set aside in a fridge for an hour.
5. Arrange the chicken and vegetable pieces on skewers, alternating between chicken and the veggies to make colourful skewers.
6. Cook it in tandoor or in an oven at 200°C for 12-15 minutes or till cooked.
7. Remove and serve hot.

HEALTHY COOKING TIPS

1. Grilling or baking, instead of deep frying, is a great way to create tasty dishes that are healthier and lower in fat.
2. Leaner cuts of meat (such as skinless chicken breast, lean pork or beef) are flavourful yet lower in fat. To enhance their healthfulness, remove the visible fat and skin before cooking.
3. Colourful fruits and vegetables are packed with nutrients and phytochemicals, so add them to rice, noodles and even meat dishes for nutritious and balanced meals.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 303kcal, Protein 20.1g, Total fat (g and % of total calories) 6.6g (29.2%), Saturated fat 1.7g, Cholesterol 42mg, Carbohydrate 15.8g, Dietary Fibre 2.5g, Sodium 231mg.



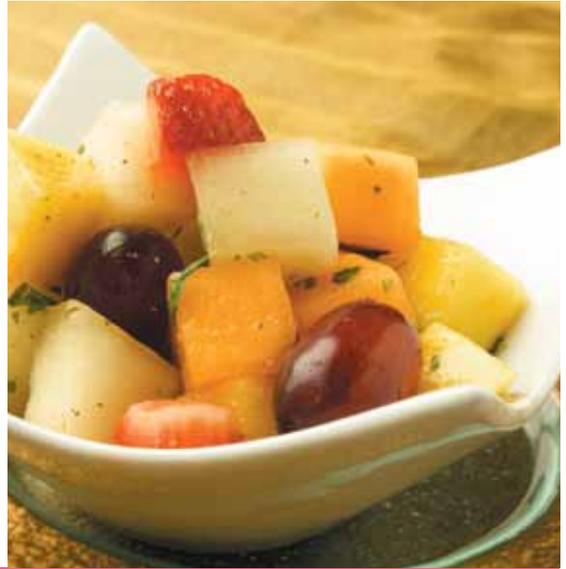
PHALON KI CHAAT

FRESH FRUIT CHAT



CHEF
MILIND SOVANI

"This makes a healthy, refreshing snack, and is also a good alternative for those who do not like their desserts too sweet."



INGREDIENTS

• Red apple, 2cm cubes	100g
• Honeydew melon, 2cm cubes	50g
• Cantaloupe melon, 2cm cubes	50g
• Mango, 2cm cubes	50g
• Green grapes seedless, whole	50g
• Black grapes seedless, halved	50g
• Strawberry, quartered	50g
• Chat masala	2 tsp
• Green coriander, chopped	1 tbsp
• Lime juice	1 tbsp
• Sugar	2 tsp
• Nestlé Natural Set Yogurt	1 cup
• Salt, to taste	

STEPS

1. Wash and clean all the fruits. Peel and de-seed melons, apples, and mango.
2. Cut all fruits as instructed.
3. Mix with other ingredients well.
4. Cool in a refrigerator for 15 minutes and serve with yogurt.

HEALTHY COOKING TIPS

1. Enjoy the edible skins of fruit and vegetables. They provide additional fibre and other nutrients.
2. Instead of sugar, use fresh or dried fruits, fresh/ canned fruit juice or fruit sauces. They're a healthier way to sweeten your desserts.
3. Vegetables and fruits are rich in vitamins, fibre and phytochemicals (beneficial plant substances such as carotenoids and flavonoids) that help lower the risk for some cancers.

NUTRITION INFORMATION (Servings per dish: 4)

Per Serving: Energy (1kcal = 4.2kJ) 123kcal, Protein 3.2g, Total fat (g and % of total calories) 0.85g (5.9%), Saturated fat 0.48g, Cholesterol 2.45mg, Carbohydrate 27.3g, Dietary Fibre 1.33g, Sodium 186mg.

