



GOODIES READY WITHIN 30 MINS



TANDOORI VEGETABLE PLATTER

INGREDIENTS:

- Thick Greek / plain yogurt 3/4 cup
- Ginger garlic chilli paste 2 tsp
- Any roasted flour / chickpea flour 2 tsp
- Roasted grams
- Paprika powder 2 tsp
- Chat Masala/ bbq Masala 4 tsp
- 1 tbsp lemon juice
- 1 tbsp olive oil

DIRECTIONS:

1. Mix all the marinade ingredients together.
2. Add vegetables and mix gently so everything is coated well with the mix.
3. Refrigerate for at least 15 minutes to an hour or best left overnight in the fridge.
4. Arrange into skewers and grill or cook in a pan or oven.



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BASIC CURRY SAUCE

INGREDIENTS:

- 3 large onions, roughly chopped
- 12 garlic cloves, roughly chopped
- 8cm piece fresh ginger, roughly chopped
- Green chillies according to taste
- 2 tsp cumin seeds
- 2 bay leaves
- 1 cinnamon stick
- 6 tbsp groundnut oil / any oil of your choice
- 1 tbsp ground coriander
- 1 tbsp ground turmeric
- 2 tbsp tomato paste
- 1 tsp salt
- Vegetables of your choice like cauliflower, bell peppers, broccoli, mushrooms, baby corn and cut them into big pieces

DIRECTIONS:

1. Place chopped onions, garlic and ginger in a food processor and blitz to make a paste.
2. Heat a large non-stick frying pan, add cumin seeds, bay leaves and cinnamon stick and let them sizzle for one minute.
3. Add oil and once hot, pour in the paste and fry for 10-15 minutes until golden brown.
4. Add ground spices, tomato purée and salt and pour in 600ml water. Bring to simmer for 10 minutes until thickened.
5. Leave to cool completely, then divide evenly among 3 containers. Label and refrigerate to use up to 5 days or freeze for up to 3 months.
6. Defrost each portion as and when you need.
7. Heat up pot, then add vegetables and mix for 5- 8 minutes. Bring to boil.



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WHOLE WHEAT FLATBREAD

INGREDIENTS:

- Whole wheat flour 1 cup
- Skimmed milk 1/4 cup
- Salt to taste

DIRECTIONS:

1. Combine all ingredients and knead into soft dough.
2. Divide the dough into 4 equal portions.
3. Roll out each portion into a thin chapatti.
4. Heat a griddle and cook each chapatti lightly on both sides. Set aside.