



brown. Add all the vegetables, spices and salt to it, and cook for 5 minutes. When the vegetables are cooked, add chickpeas, tomato, tamarind paste and coriander leaves, cook for another 5 minutes in low heat. When chickpeas are cooked properly, garnish with coriander leaves and serve.

Soy-meat dahi bara

Soybean protein is made to look and taste like meat. This is almost indistinguishable from chicken meat, fish or beef.

Soybean meat-like products can be used by vegetarians and patients with special dietary restrictions. It is cheaper than meat and is one of the richest sources of protein. Moreover, soybean meat has very low moisture content, hence it can be kept for a long time.

Ingredients:

1 cup soy-meat
2 cup curd
½ tsp fried red chilli powder
½ tsp fried coriander seed powder
½ tsp fried cumin seed powder
½ tsp chat masala powder
2 tbsp oil
2 tbsp mint leaves
Salt to taste

Method:

Fry soy meat with 2 tbsp oil until golden brown, soak in water for 2 minutes and let the water drain. Now mix all the ingredients except soy-meat. Arrange soy-meat in a serving bowl and pour the curd mixture over them. Refrigerate it for 5-6 hours. Garnish with mint leaves and serve.

Fish nuggets

Fish is considered as one of the healthiest sources of protein. Having fish from an early age is beneficial in the long run. Children, however, are not too keen on consuming fish. This is a simple, healthy and delicious recipe that can bring back your child's attraction to fish.

Ingredients:

1 cup coral fish (minced)
1 egg
½ tsp ginger paste
¼ tsp garlic paste
½ tsp black pepper powder
1 tsp red chilli sauce
1 tsp soy sauce
½ cup bread crumb
½ cup oil
Salt to taste

Method:

In a bowl mix all the ingredients

except egg, bread crumbs and oil. Give them a suitable shape with your hand and keep them aside. First coat the nuggets with egg, then with the bread crumbs. Heat oil in a pan. Fry the fish nuggets until brown and serve.

Mixed fruit salad

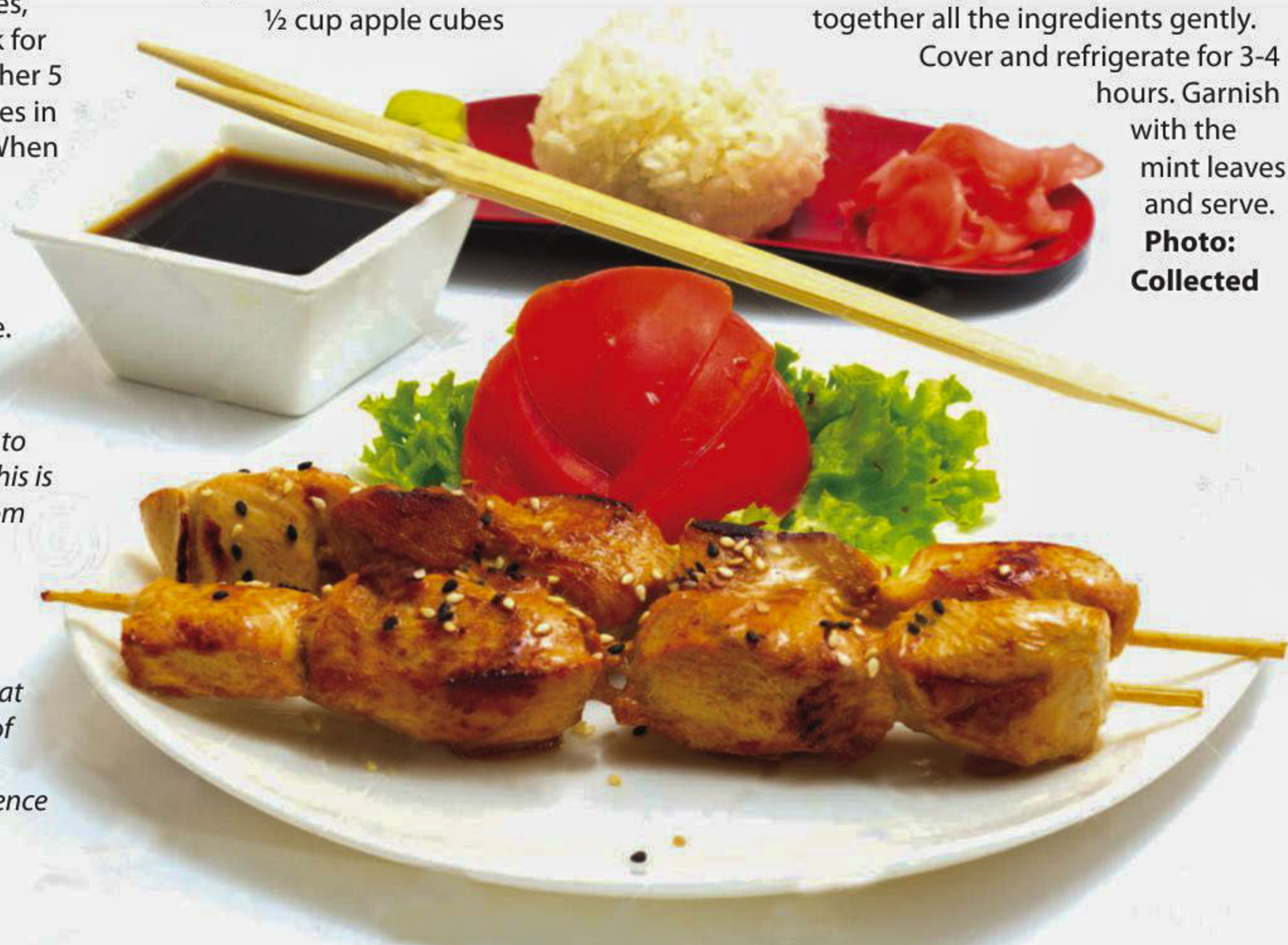
Ingredients:

½ cup mango cubes
½ cup pineapple cubes
½ cup apple cubes

½ cup banana cubes
½ cup grape halved
¼ tsp rock salt
½ tsp chat masala powder
½ tsp chopped green chilli
1 tbsp chopped mint leaves
½ tsp lemon juice
Salt to taste

Method:

Wash and cut all the fruits. In a bowl mix together all the ingredients gently. Cover and refrigerate for 3-4 hours. Garnish with the mint leaves and serve.
Photo: Collected



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