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Method:

Place the roti on a microwave-safe plate and heat on high for one minute. Coat a small pan with cooking spray, and then place it over medium heat. Sauté the mushrooms and pepper for two minutes. Stir in the spinach and sauté for another one to two minutes, or until wilted. Add the eggs and cook, stirring often until they are set, about two minutes. Place the egg scramble in the centre of the roti, and then top it with the crumbled feta and tomatoes. To wrap, fold up one end, then both sides.

MUTTON SOUP

Ingredients:

- ¼ pound of mutton, cut into chunks
- 1 medium carrot, peeled and chopped
- Half of a zucchini, chopped
- 1 small potato, peeled and chopped
- 2 small onions, peeled and chopped
- ½ of a small capsicum (chop ½ of it very finely and leave the other half as a whole)
- A handful of chickpeas
- One small celery branch (it's best to get it from the inside of the celery; chopped)
- One small bunch of cilantro, chopped

- 3 tbsp of vegetable oil
- ¼ tsp black pepper
- 1/8 tsp cinnamon
- 1/8 tsp ground red pepper
- 1 and ¼ tsp salt
- One small can of tomato paste
- ¼ cup of tomato juice
- ¼ cup of thin vermicelli
- One or two sprigs of mint

Method:

Wash the meat and add it to the saucepan. Add carrot, zucchini, potato, onions, pepper, and celery. Throw in the chickpeas. Chop in ½ of the bunch of cilantro, the other half will be added later. Add spices, oil, and sauté everything together on low heat for about 5 minutes.

Then, add the tomato paste and cover everything with water (The water level should be up to at least half of the saucepan). Turn the stove up to medium heat and let the soup come to a boil. When it boils, turn the heat down to low and let it cook.

You have to constantly stir the soup, like about every 10 minutes or so, so that the vegetables don't stick to the bottom of the pan. After an hour, add the tomato sauce.

Throw in the other half of the capsicum (which should be a whole, not chopped). Chop in the rest of the cilantro and the twigs of mint (leaves only). Add four and a half cups



- 75g finely shredded cabbage
- 30g finely shredded carrot
- 2 spring onions, thinly sliced
- ½ tbsp soya sauce
- 2 tsp minced ginger
- 1½ tsp minced garlic
- ½ tsp crushed chilli
- 1 tbsp corn flour
- 1 tbsp water
- 24 spring roll wrappers, bought from the frozen department at your supermarket
- 2 dessertspoon vegetable oil

Method:

Preheat the oven to 220 degree C, then fry the minced chicken until evenly brown. Drain excess fat. Mix chicken, cabbage, carrot, spring onion, coriander, soya sauce, ginger, garlic and chillies. Mix corn flour and water in a small bowl.

Place a tablespoon of the chicken mixture in each spring roll wrapper. Roll wrapper around the mixture, folding edges inward to close. Moisten fingers in the corn flour and water mixture, and brush wrapper seams to seal. Then place them on a baking tray, brush with vegetable oil and bake for 20 minutes until golden brown turning half way through.

of water, and turn up the heat again so the soup can come to a boil. When it comes to a boil, turn the heat down and let it cook for another half an hour. After that half an hour, add a cup of water (or as needed) and this time when it boils, throw in the angel hair. Don't cover the pan when you throw in the vermicelli because it will stick. Stir it around occasionally; when the vermicelli cooks, which is about 10 minutes or so, the soup will be done!

BAKED SPRING ROLLS

Ingredients:

- 225g minced chicken

Photo: Collected



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আড়ং ফুলক্রিম ও
লো-ফ্যাট গুঁড়ো দুধ এখন
সারাদেশে পাওয়া যাচ্ছে

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