

FROM PAGE 7

30ml oyster sauce, 5ml fish sauce
10ml soy sauce, 15g chopped garlic
20g chopped onions

Method

Heat oil then add garlic, onion and both the chillies. Mix for 2 minutes. Add chicken and toss again. Add oyster sauce, fish sauce and soy sauce. Cook until chicken is cooked through and water is dried out. Add the fresh basil leaves. Mix well. Serve hot.

EGGPLANT WONDER

Ingredients

3 eggplants, cut into thick slices
½ tsp salt and extra to taste
1½ tbsp turmeric powder
1 tbsp lemon juice
2 cups oil
2 tbsp corn flour to dust
5 tomatoes
1 onion, chopped
1 tbsp ginger paste
1 tbsp garlic paste
1 tbsp cumin powder
1 tbsp garam masala powder
1 tsp red chilli powder
50g yoghurt
Mint to garnish

Method

Marinate the egg plants with salt, turmeric and lemon juice. Keep aside



for 20 minutes. Heat oil. Dust the egg plants with corn flour and deep fry. Keep aside. For the sauce, boil water, put in the tomatoes. After 2 minutes, take them out and put them in cold water, peel and finely chop them. Heat 1 tbsp of oil, add chopped onions, sauté for 2 minutes, add ginger-garlic paste and cook for 1-2 minutes. Add powdered spices and sauté 1 minute. Add tomatoes and cook for 6-7 minutes, until oil separates. Taste for salt. Arrange the egg plants on a platter and top them with the tomato sauce individually. Place a dollop of yoghurt on each egg-plant and garnish with a sprig of mint. Serve immediately. Always a hit!

TILAPIA WITH CORIANDER AND CHILLI

Ingredients

1 kg tilapia or any other white fish
1 cup of fresh coriander, roughly chopped
2 red and 2 green chillies, chopped
2 tbsp olive oil
1 tsp cumin powder (optional)
Salt
Dressing -
Juice of 2 limes
1 tsp brown sugar
1 tsp fish sauce
2 tbsp olive oil

Method

Preheat oven to 180°C and gas mark 4. Clean fish thoroughly and pat dry. With a sharp knife gently score the fish with 3-4 diagonal cuts on both sides.



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