



Springtime wonders!



I was planning to write on recipes inspired by the arrival of Spring, but it seems like we are already facing an early summer! So here's to eating healthy in the third month of 2016 and let's start the habit early on so we can stay healthy for the rest of the year. So here's to your health!

TOAST WITH LEMONY PEA MASH

Some of the best snacks are those which make us use all that we can put our hands on in the fridge. I am obviously assuming that all our fridges contain some form of vegetable, so even though you can do this to most vegetables that can be easily mashed, like pumpkin, potatoes, raw bananas etc, we will use peas here.

Ingredients

½ kg fresh peas, shelled



Juice of 2 freshly squeezed lemons
Half cup diced onions
2 pieces radish pickle (cut a radish in julienne style or thick strips and immerse it with 1 tbsp sugar, 1 tsp salt in vinegar for about a week)
¼ tsp garlic paste
¼ tsp lemon zest
Salt and pepper to taste
2-3 tbsp virgin olive oil

Method

Boil the peas with the onions, garlic paste, salt and pepper. Then mash them when they are cooked through, add the rest of the ingredients also. Mix the olive oil and juice according to your taste. Spread this paste on a piece of toast and gulp it down as a snack for those evening hunger pangs!

HEALTH SPOTLIGHT

Peas are surprisingly full of phytonutrients and this amazing polyphenol called coumestrol which basically helps immensely in fighting off stomach related cancers! Great for the hair and the skin, peas add a subtle carbohydrate to the body which also provides us with fibre and check out what the internet says about mushy peas paving the way for a slimmer body!

SPRING MINISTRONE WITH CHICKEN BALLS SOUP

A typical soup that can set you on a healthier pathway after a day's work with all the wholesome goodness of chicken and vegetables, this soup is ideal for those of us looking for a healthy alternative to a carb-ridden dinner.

Ingredients

250g carrots diced
150g corn

250g peas
250g radish, diced
4 tbsp olive oil
400g chicken, minced
400-500g tomato puree
1 tbsp rosemary and thyme and 1 tsp basil (if fresh then 1-2 leaves)
¼ cup celery, diced
¼ cup diced garlic
½ cup diced onions
¼ cup chopped coriander and mint
1 pinch cumin (jeera) powder



Salt and white pepper to taste

Method

Chicken meat balls – Mix the minced chicken with half the rosemary, thyme, basil, salt and pepper and the diced onions and half the garlic. You may use an egg to bind it together.

Soup – Put all the vegetables in a pot and fill it up with 3 times the amount of water, add the salt and pepper and rest of the rosemary et al, add the celery too then let it boil for about 10 minutes. Sauté the rest of the diced garlic till slightly golden then add the tomato puree and cook till the oil separates. Add the soup to this and cook for about 2 minutes before adding the chicken balls. Cook this for another 10 minutes while you check the thickness. Once it



looks soupy enough to you take it off.

Serving

Serve it with some parmesan sprinkled on top and the coriander and mint leaves. Spring egg drop soup

Ingredients

¼ cup olive oil
2 carrots, chopped
6 spring onions, bulbs only, chopped (about ½ cups)
¼ cup garlic cloves, thinly sliced
4 cups chicken broth
150-200g French beans peeled and cut into half
2/3 cup shelled fresh peas
2 large eggs
1 tbsp grated Parmesan plus more for serving
¼ cup torn fresh basil leaves and fresh mint leaves
2 tsp fresh lemon juice

Method

Broth – Boil whole chicken with ¼ cup celery, 1 tbsp olive oil, salt and pepper to taste and 1 tbsp garlic paste and ½ tsp ginger paste.

Soup - Heat oil in a large heavy pot then



add carrots, peas, spring onions, and garlic and season with salt. Reduce heat to medium-low, cover, and cook, stirring occasionally, until vegetables are soft, 10-15 minutes. Add broth and bring to a boil. Add French beans and cook until vegetables are crisp-tender, about 5 minutes. Meanwhile, beat eggs in a small bowl with 1 tablespoon Parmesan, a pinch of salt, and 1 tablespoon water. Reduce heat to low and stir basil and mint into soup. Drizzle in egg mixture in 4 or 5 spots around pot. Let stand for 1 minute so egg can set, then gently stir in 1½ teaspoons lemon juice.

Serving

Season soup with salt and more lemon juice, if desired. Serve soup topped with more Parmesan.

Photo: Collected

