



LS PICK

Packed lunches

Although it is very tempting to have Fakhruddin's biryani or KFC's chicken fry every day for lunch, it is surely taxing on the stomach. When any food item is deep fried, the quality of the item becomes less healthy and multiplies in caloric density. Most of the delicious food that we can ever think of either have too much oil in them or too much sugar! So, does it mean that we must have dull and drab food everyday and keep away the delicacies for special occasions? Not necessarily!

Having the same item every day can be rather boring and exasperating to the tongue. But, cooking complicated and healthy items in the morning when there are multitudes of things to do can also be bothersome. In such cases, many of us give in to the pressure and pack ourselves anything that is available like sliced fruits and vegetables to the simplest of sandwiches.

This week, we tried to provide a few recipes for each of the five working days at hand. The recipes will be simple but scrumptious! The choices present have been made keeping in mind the lack of time. Each recipe will not take more than 20 minutes to complete given that prep-work has been done like onions cut beforehand and kept in the fridge, garlic-ginger paste prepared beforehand, etc.

DAY 01 - SUNDAY

Salad Bonanza

Prep time - 5 min

Cooking time - 5 min

Ingredients

300g (trimmed) green beans

3-4 large sized tomatoes

100g (cubed) feta cheese

1 tbsp olive oil

Method

Take a medium sized pan and then take five cups of water. Boil the pan of water. Once



the water has come to the boiling point, add beans and cook for 4 minutes until the beans are soft and tender. Drain the water from the beans and then mix it with sliced tomatoes and feta cheese. Take a bottle of olive oil and drizzle over the mixture, and then season generously with black pepper.

DAY 02 - MONDAY

Delightful Prawn Noodles

Prep time - 5 min

Cooking time - 10 min

Ingredients

1 packet egg noodles

1 tbsp olive oil

1 medium sized onion

100g cherry tomatoes (halved)

1 green chilli

200g (pre-cooked) king prawns

2 limes for juice

4 tbsp sweet chilli sauce

25g roasted cashews

100g baby spinach leaves

Method

Boil the noodles for around 4 minutes.

Follow the regular steps of draining the noodles and then cooling it under running water. After the mini process of working-up the noodles, place it in a large bowl and then cut it into shorter more edible pieces. If long noodles are your thing and you have mastered the art of chop-sticks, do not bother cutting them, hence saving few more minutes of your valuable time.

Take another pan and add olive oil, diced onions, tomatoes, mushrooms, green chillies and pre-cooked prawns and sauté for 2-3 minutes. While doing so, mix some lime zest, lime juice and chili sauce to get that blissful taste. Take this dressing and fold it into the noodles in the large pan. To make it healthier, you can also top the noodles with a handful of fresh spinach and roasted cashew nuts.

DAY 03 - TUESDAY

Swimming in soup

Prep time - 5 min

Cooking time - 15 min

Ingredients

1 tbsp olive oil

1 finely diced onion

2 sliced garlic cloves