

1 tsp ground coriander
 1 tsp ground cumin
 1 sweet potato cut into 1 cm cubes
 600ml vegetable stock
 220g chickpeas
 1 tbsp sour cream
 50ml milk
 Salt to taste

Method
 Heat oil in pan; add onion and sauté for 2 minutes. Add garlic cloves, ground cumin, ground coriander and sauté for a few more minutes. Add the small cubes of sweet potatoes and fry for another 2 minutes. Add in 600ml of vegetable stock, and boil until potatoes are tender. Add chickpeas. Stir in 1 tbsp sour cream and add that to the soup and milk. Pour the completed soup into a thermos to keep it warm till lunch time.

DAY 04 - WEDNESDAY

Relinquish the Deshi

Preparation time - 5 min
 Cooking time - 15 min

Ingredients
 2 cups basmati rice
 2 eggs
 2 tbsp ghee/oil
 Garnishing cilantro
 ¼ sliced onions
 5 (slit) green chillies based on



taste/preference
 1 small size (chopped) tomato
 1 and ½ spoon ginger-garlic paste
 1 bay leaf, 3 cloves, 2 inch cinnamon, 1 star anise
 Whole garam masala
 3 cups water
 Salt to taste

Method
 Begin the process by heating a small

amount of ghee/oil in a pan. If you prefer a healthier option please opt for Canola Oil or Rice Bran Oil as a good alternative. Put in whole garam masala into the pan. Sauté onions, ginger-garlic paste, tomatoes, green chillies and salt into the same pan. Break the eggs and sauté along with the above mixture. Add some water to the scrambled eggs. When the water boils, add the already soaked rice into the

pan and let it cook on low flame. You can also use a rice cooker for the entire process. Garnish with cilantro. You can add chicken, shrimp to the entire mixture if preferred.

DAY 05 - THURSDAY

Champion chicken

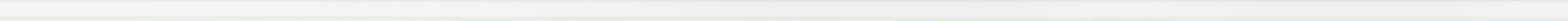
Prep time - 5 min
 Cooking time - 15 min

Ingredients
 2 pieces chicken breast
 2 tbsp store bought tandoori chicken masala mix
 1 tbsp olive oil
 Salt to taste

Method
 Sprinkle some chicken masala mix and salt on the poultry and rub it in carefully. Heat a griddle over medium flame and drizzle in a bit of oil. Place the chicken breast pieces on the griddle and flip using tongs to cook the chicken. Once the chicken turns golden brown and is firm on both sides, you know that your preparation is complete.

You can now enjoy this chicken as a packed lunch with steamed vegetable or fresh salad as a side dish.

By Mehrin Mubdi Chowdhury
Photo: LS Archive/Sazzad Ibne Sayed



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