

**THE FEARLESS OLIVE**  
BY REEMA ISLAM



## Broccoli Soup with Rice

Another Fearless Olive rendition of the classic broccoli soup, now with some carbs and a bit of milk to replace the heavy cream that many prefer. Slurp away!

### Ingredients

1 small sized broccoli  
1/4 cup rice



1/2 cup milk (you can use regular or almond milk)  
A pinch of nutmeg, pinch of pepper and salt per preference 1 garlic sliced  
1 small onion  
2 tbsp olive oil (but of course!)

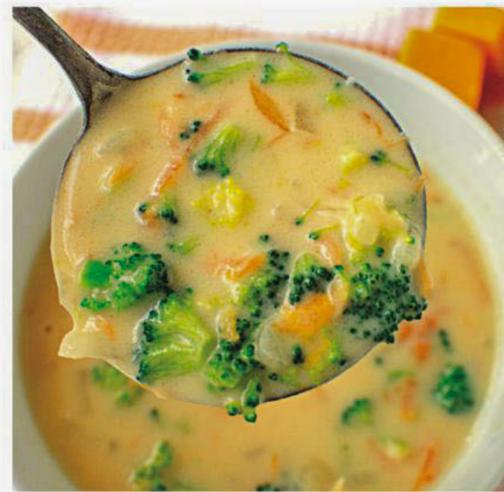
### Method

Boil the rice for about 5 minutes till it is tender then drop the broccoli in to soften up. Then take the broccoli and rice out with a strainer. Dice the onions and sauté them in olive oil, adding the boiled broccoli and rice with salt and cook it for about

one minute. At this point, add the milk and continue cooking until the whole thing takes on a thick, creamy texture. Most broccoli recipes encourage addition of cream but since I am always looking for healthier alternates, I would instead suggest either regular milk or almond milk if you wish. Add the nutmeg and pepper once the mix thickens and after cooling it a bit, blend the whole thing. Towards the end, roast the garlic till they are a little orangish and add a spot of oil to sauté them. A lot of people would also suggest frying garlic but again, this column restrains from obsessively frying things. Once blended, check for salt and pepper and sprinkle the garlic on top.

This is not a soup that should be served cold, so add a swirl of thick yoghurt and the sautéed garlic to give you that creamy sensation and dunk in bread sticks or your fingers and just slurp away!

**Photo: Collected**



**MEALS OF MEMORY**  
BY SYEDA NAHISA AHMAD



## Chicken satay

### Ingredients

4 medium sized chicken breasts

### For marinade —

2 tbsp lemon juice  
1 tbsp dark soy sauce  
1 tsp oil  
1 tsp red chilli powder  
Salt to taste

### For sauce —

1/4 cup roasted peanut  
1 small sized onion  
1 tsp oil  
1/2 tsp red chilli powder  
1 tbsp dark soy sauce  
3 tbsp tomato puree  
2 tbsp honey  
Salt to taste

### Method

Cut the chicken breasts into half-inch broad strips; slightly flatten them. Mix all the marinade ingredients thoroughly, add flattened chicken strips to it and leave aside

for an hour. Thread marinated flattened chicken strips equally onto eight-inch long wooden skewers. Heat a non-stick flat tawa, grease it slightly with a few drops of oil and place skewered chicken, a few at a time. Cook on high heat, turning them frequently.

Cook for about 3 to 4 minutes, or till it is just cooked. Meanwhile prepare the sauce. Crush roasted and skinned peanuts to a coarse powder. Peel and grate onion. Peel and chop garlic. Heat oil in a pan, add garlic and onion. Cook on high heat, stirring continuously for half a minute.

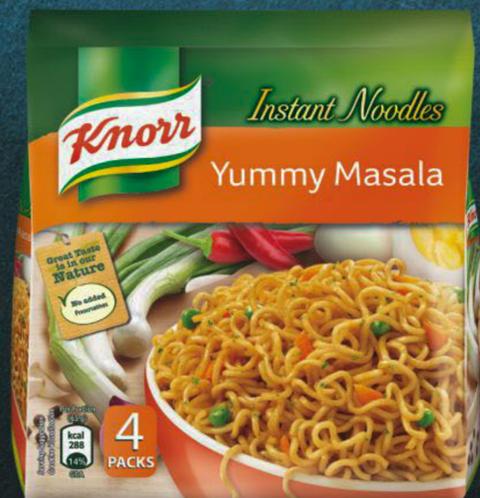
Add red chilli powder, and dark soy sauce, tomato puree, honey, peanuts, salt and one cup of water. Bring it to a boil and simmer for five minutes, stirring occasionally. Serve chicken satay accompanied with peanut sauce.

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