



RECIPE

A touch of greens

Qurbani Eid is over and let's face it, most of us are guilty of having a bit too much meat in our system for the past week! Amidst all the festive rituals and customs, sharing meals with family or attending dinners and lunches outside the house does constitute of large consumptions of meat-based dishes. So, it is important that you calm your inner carnivore and plan strategically.

Excessive consumption of red meat is not only linked to heart diseases but increases your chances of developing other alarming health issues. And after days of continuous consumption of red meat, the palate can certainly use a different feel.

Prepare side dishes that constitute of more vegetables than meat, and for those finicky picky eaters, opt for dishes that use both vegetables and meat as core ingredients.

Here's to a meaty but healthy post Eid meal!

CHICKPEA FLOUR KEBAB

Ingredients

1½ cups yoghurt (drained of all moisture)
¼ cup chick pea flour (beshon), dry roasted over low heat till slightly dark
1 tbsp finely chopped coriander leaves
1 tsp finely chopped green chillies
2 tbsp finely chopped onions
1 tsp salt
1 tsp roasted and powdered cumin seeds
Oil/ghee for frying

Method

Mix all ingredients except the ghee, and chill in the fridge for an hour. Shape the mixture into flat rounds and pan fry over medium heat till brown on both sides. The kebabs are quite soft, so you have to handle them carefully. Serve hot with green chutney.

CRUNCHY CHICKPEA PEANUT SALAD, THAI STYLE

A simple summer Crunchy Chickpea Peanut Salad in Thai style is perfect on its own or over chicken, fish or steak.

Ingredients

For Salad

1 cup chickpeas, drained and rinsed, picked

over for loose skins
2 celery stalks, sliced
½ cucumber, seeded and sliced
½ red pepper, sliced and cut in half
½ yellow pepper, sliced and cut in half
2 cups purple cabbage, sliced
½ cup salted peanuts

For Dressing

2 tbsp fresh lime juice
3 tbsp canola oil



1 tbsp sesame oil
½ tsp soy sauce, low sodium
1 tsp sugar
½ tsp ginger, minced
Pinch of salt

Method

Toss the salad ingredients together in a medium sized bowl. Mix all the dressing ingredients together in a jar or shaker. Shake well and pour over the salad.

Serve at once.

If you want to prep ahead, toss in the peanuts at the end and pour over the dressing. Serves 4-6.

BEETROOT KEBAB

Ingredients

1 cup grated beetroot
½ packet firm tofu
½ tsp garlic paste
1 tbsp amchur powder
1 tbsp roasted and crushed pomegranate seeds
Chaat masala, a pinch
Oat powder (as necessary)
Rock salt, to taste
¼ cup chopped cashew nuts, to stuff
½ cup crushed oats, to coat
Oil, to pan fry

Method

Take a bowl and put grated beetroot and tofu, followed by garlic, amchur, chaat masala, and rock salt. Mince with your hands and make round patties and insert the chopped cashews as a filling. Make round kebabs. Coat the patties with crushed oat powder. In a flat pan heat the oil and lightly fry these. Serve with green chutney.

PANEER-POMEGRANATE KEBAB

Ingredients

500g paneer (cottage cheese)
2 medium green capsicums, cut into 1 square-inch pieces
2 medium tomatoes, cut into 1 square-inch pieces
3 tbsp oil
1 tsp chaat masala
For the marinade
½ cup hung yoghurt (drained)
1 tsp ginger paste
1 tsp garlic paste
½ tsp Kashmiri red chilli powder
A pinch of turmeric powder
½ tsp garam masala powder
2 tsp pomegranate powder
2-3 tbsp fresh cream
1 tsp lemon juice
Salt to taste

Method

Cut paneer into cubes that are about an inch and a half tall and about half an inch thick. Mix together all ingredients meant for the marinade and use them to marinate the paneer cubes. Leave this for about fifteen minutes.

Heat some oil in a tawa (griddle), place paneer cubes and shallow fry till golden brown and crisp on the surface. Drain on an absorbent paper. Toss capsicums and tomato pieces in the remaining marinade and sauté them in the remaining oil on the tawa for two to three minutes. Place a capsicum and tomato piece on each paneer cube and pierce with a toothpick. Sprinkle chaat masala and serve hot.

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