

- 1 tsp oregano
- 1 tsp garlic paste
- 1 tsp chilli flakes
- ¼ tsp black pepper powder
- 2 tsp dried thyme
- 1 tbsp sunflower oil
- 1 tsp of BBQ sauce
- 1 tsp of hot sauce

**Method**

Dry the chicken with kitchen paper. Cut diagonal slashes over the smooth side. Mix spices with seasoning, then tip onto a plate.

Brush the chicken on both sides with the oil, then coat all over with the spice mix and keep aside to be marinated in the spices for 1 hour. Heat a barbecue, griddle pan or grill, then cook the chicken for 6 minutes on each side on low flame until cooked through.

Prepare 200g Low GI Rice, to serve with.

**AFTERNOON SNACK****Spicy corn chaat****(Total calorie: 90)****Ingredient**

- 200g frozen, blanched corn
- 2 tsp green chilli
- 1/2 tsp chilli powder
- 2 tsp roasted cumin powder
- 2 tsp salt
- 2 tsp ginger juice



- 2 tbsp lemon juice
- 2 tbsp cilantro
- ½ tsp black pepper
- 1 tsp black salt
- 1 onion

**Method**

Mix salt, black salt, roasted cumin seed powder, black pepper, and chilli powder together in a bowl and keep aside. Take a non-stick pan, keep it on medium flame, and coat it with mustard oil, add the chopped onion, the blanched frozen corn kernels in the pan, and stir fry them for about 6-7 minutes.

Once they are fried, the corn kernels will turn slightly brown. When you see the change in the corn, turn the flame off.

Now sprinkle the spice mix and cilantro in the corn. Mix the ingredients well and then stir in lemon juice and ginger juice in the mixture.

Corn chaat is ready to be served hot.

- ½ cup olive oil
- ½ cup rice vinegar
- 2 tbsp fresh lime juice
- 1 tbsp white sugar
- 1 tsp salt
- 1 clove crushed garlic
- ¼ cup chopped fresh coriander
- ½ tbsp ground cumin
- ½ tbsp ground black pepper
- Dash of hot pepper sauce
- ½ tsp chilli powder

**Method**

Add all ingredients and toss with the kidney beans, and rest in the refrigerator for 1 hour. Serve the refreshing salad cold.

**DINNER****Kidney beans salad****(Total calorie: 240)****Ingredients**

- 1 cup raw red kidney beans, cooked in a pressure cooker until soft
- 1 green bell pepper, chopped
- ½ red bell pepper, chopped
- 1 red onion, chopped
- 1 tomato, chopped
- ½ cucumber, chopped

**Photo: Simra Khan**

কোমার লাইন ০৯-৬১২-১১১-৩৩৩



# রাধুনি তেহারি

১ লিটার রাধুনি খাঁটি সরিষার তেলের সাথে ৪০ গ্রাম রাধুনি তেহারি মশলা  
এবং ৫০০ মি.লি.-র সাথে ৫০ গ্রাম রাধুনি পাঁচফোড়ন

## একদম ফ্রি!



খাঁটি সরিষার তেল