



Light summer Eid recipes



MONGOLIAN BEEF AND VEGETABLES

Ingredients

½ kg beef steak, thinly sliced
1 tbsp cornstarch
2 tbsp light brown sugar
3 tbsp water
3 tbsp soy sauce
2 tbsp vegetable oil
2 tbsp sesame oil
4 cups broccoli florets
½ cup thinly sliced onion
½ cup sliced carrots
½ cup green peas
1 tbsp minced fresh garlic
2 tbsp minced fresh ginger

Method

Place beef steak and corn starch in a bowl, toss to coat. Combine sugar, 3 tablespoons of water, and soy sauce in a bowl, stirring with a whisk until smooth. Heat a large skillet over high heat. Add 1 tablespoon vegetable oil and 1 tablespoon sesame oil, swirl to coat. Add steak to a pan in a single layer, cook for 5 minutes or until done. Remove steak from pan and keep warm. Reduce heat to medium high. Add remaining vegetable oil and sesame oil to pan. Add broccoli, onion, and carrots, and cook for 4-5 minutes, stirring frequently. Add green peas, garlic and ginger. Cook for 1 minute. Add steak and soy sauce mixture to pan. Bring to a boil. Scrape the pan to loosen browned bits, and serve immediately.

MINT, CORIANDER AND COCONUT MILK RICE

Both mint and coriander have spicy, perky flavours which are balanced very well with sweet, mellow coconut milk in this sumptuous rice delight. The mint, coriander, and coconut milk rice uses minimal spices, as mint and coriander themselves are very aromatic, and the whole dish is ready in minutes, making it ideal for summer day cooking.



Ingredients

¼ cup mint leaves, chopped
¼ cup coriander, chopped
1 cup coconut milk
1 cup aromatic rice, soaked for 15 minutes and drained
2 tbsp oil
Salt to taste
1 bay leaf
1 tsp green chillies, finely chopped

Method

Heat the oil in a pan, add the rice and sauté

on medium heat for 2-3 minutes. Add the coconut milk, bay leaf, salt, green chillies and ¾ cup of water. Cover and cook on low flame for 10-12 minutes or till the rice is cooked. Remove the bay leaf and discard it. Add the coriander and mint leaves and mix well. Serve hot.

BAKED GARLIC CHICKEN

Ingredients

6 skinless, boneless chicken breast halves
2 tbsp olive oil
2 cloves garlic, minced
1 cup dry bread crumbs
2/3 cup grated cheese
1 tsp dried basil leaves
½ tsp ground black pepper
Salt to taste

Method

Preheat oven to 350° F and lightly grease a baking dish. In a bowl, blend the olive oil, salt and garlic. In a separate bowl, mix the bread crumbs, cheese, basil, and pepper. Dip each chicken breast in the oil mixture, then in the breadcrumbs mixture. Arrange the coated chicken breasts in the

