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**THAI CHICKEN SALAD LETTUCE WRAPS**

Calorie count: 391 Calories, or 2 cabbage wraps

**Ingredients**

2 tbsp olive oil  
 200g minced chicken  
 4 cloves garlic, minced  
 ½ cup onion, chopped  
 ½ tsp salt  
 ¼ tsp freshly ground black pepper  
 2 tbsp cooked red beans  
 Handful of mint leaves  
 Handful of glass noodles  
 ½ whole lemon  
 Sliced mango (½ green mango)  
 3-4 iceberg lettuce leaves, whole  
**For the sauce —**  
 2 tbsp sweet chilli sauce  
 2 tbsp fish sauce  
 ½ tsp ginger, freshly grated  
 2 tsp low-sodium soy sauce  
 ¼ cup fresh parsley, chopped  
 Crushed red pepper flakes, to taste  
 1 tsp sugar

**Method**

In a pan, heat 2 tablespoon olive oil and add the minced chicken. Now add chopped onion, chopped garlic, salt, black pepper, and stir. Cook until the chicken is cooked through, now add the cooked beans, handful of glass noodles and ¾ cup water. The noodles will get cooked in the moisture.

Meanwhile, add some Thai basil leaves and mint leaves.

Set aside to cool. Now take all the sauce ingredients and mix well, add the raw sliced mangoes, spring onion and squeeze half lemon juice and mix everything together with the cooked chicken and noodles. Toss everything together and put the salad into lettuce leaves, add more mint leaves, coriander on top and serve.

**MINI SUSHI CONES**

Calorie count: 180 Calories; 1 sushi cone

**Ingredients**

3 Nori sheets  
 1 cup cooked sushi rice  
 Cubed chicken breast (cooked in teriyaki sauce)  
 2 tsp teriyaki sauce  
 1 tsp garlic and ginger paste

1 tsp soya sauce  
 1 tsp brown sugar  
 3-4 parsley leaves  
 1 cucumber, seeded and julienned  
 ½ carrot, cut and sliced  
 ½ capsicum, sliced  
 2 tbsp rice vinegar  
 1 cup shredded crab meat (frozen crab meat)  
 1 tbsp wasabi, soy sauce, and ginger, to serve

**Method**

Cook the sushi rice (sticky Korean rice) until soft, add 2 tablespoons of rice vinegar, and mix. Set aside to cool. Cook the sliced chicken in 2 tablespoons of oil, and stir-fry; add garlic ginger paste, and teriyaki sauce and cook on high heat.

Add ¾ cup water, soya sauce and cook further, and add some brown sugar. Take 3 Nori sheets and fold in a cone like shape. Now add the sliced cucumber, carrots, parsley leaves, gradually scoop in 3 tablespoons of rice in each cone, top with chopped crab meat and teriyaki chicken. Brush up some wasabi on top and serve with soy sauce and wasabi paste.

**SMOKY SPINACH AND GARBANZO BEAN STIR FRY**

Calorie count: 220 Calories (1 serving)

**Ingredients**

2 tbsp extra virgin olive oil  
 2 garlic cloves, minced  
 1 tsp smoked paprika  
 ½ tsp chilli flakes  
 2 tsp fish sauce  
 1 cup cooked garbanzo beans  
 6 cups fresh spinach  
 3-4 mushrooms, sliced  
 3-4 red chilli  
 2 tbsp water  
 ½ lemon

**Method**

Heat the olive oil over medium heat in a skillet. Add the garlic, smoked paprika and mushrooms and stir. Add the garbanzo beans and sauté for 2-3 minutes. The beans will coat with the oil and spice mixture.

Add spinach and water. After 2 minutes, the spinach will soften but colour will remain intact. Add red chilli flakes, fish sauce and lastly, add the red chilli whole. Drizzle with some lemon juice and serve hot with rice.



Photo: Sazzad Ibne Sayed

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