



# The perfect formula for those perfect dinners



## CHICKEN BREASTS WITH BABY VEGETABLES

### Ingredients

4 chicken breasts  
3 tsp butter  
1 tbsp olive oil  
8 small onions (cut half)  
2 cups chicken stock  
12 baby carrots  
8 baby turnips (shalgam)  
2 bay leaves  
8 baby potatoes  
½ cup baby fresh peas  
Salt and pepper

### Method

Cut deep slashes through the chicken at intervals, and sprinkle with salt and pepper. Heat the butter and oil in a wide sauce pan, add chicken breasts and onions, and fry, turning for 3-4 minutes until golden brown. Add the stock and bring to boil, then add the carrots, turnips, and bay leaves. Reduce the heat, cover and simmer gently for 20 minutes.

Stir in the peas and cook for further 5 minutes. Check if the chicken and the vegetables are tender and the juices of the meat run clear when a skewer is inserted into the thickest part of the meat. Remove and discard the bay leaves, adjust the seasoning to taste and serve with new boiled baby potatoes. You can use any kind of vegetables like, sweet potato

chunks, sweet corn, beans, or whatever you have in hand.

## PRAWN SHASHLIK WITH APPLE SAUCE

### Ingredients

12-16 prawns, medium size  
1 tsp curry powder  
1 tsp pepper corn crush  
Salt to taste  
2 tbsp lemon juice  
2 medium size capsicum  
2 medium size tomatoes  
2 medium size onions  
2 tbsp oil

### For apple sauce —

1 medium sized onion  
1-inch piece ginger  
2 medium sized green apples  
1 tbsp lemon juice  
1 tbsp oil  
1 bay leaf  
2 tsp curry powder  
¼ tsp white pepper powder  
Salt to taste

### Method

Peel, devein, wash and pat dry prawns. Marinate them in curry powder, crushed pepper corn, salt and lemon juice and refrigerate until required. Wash, halve, deseed capsicums and cut into 1-inch sized square pieces. Wash and cut tomatoes into quarters, deseed and cut each quarter into two. Peel, wash and cut onions into quarters, and separate onions segments. Mix

capsicums, tomatoes and onions pieces with marinated prawns and refrigerate for 15-20 minutes. Skewer the marinated prawns and vegetables on an eight-inch wooden skewer. Heat a non-stick pan, brush with a little oil and place the skewer prawns. Cook them on medium heat, turn occasionally, for 5-6 minutes, or till prawns are just done. Serve hot topped with apple curry sauce.

### For apple sauce

Peel, wash, and roughly chop onions and ginger. Wash, core and roughly chop green apples. Mix the apples with lemon juice to prevent discolouration. Heat oil in a non-stick pan, add bay leaf, chopped onions, and ginger. Stirring continuously, for 3-4 minutes, or till it turns brown.

Add chopped green apples with one cup of water and boil. Reduce heat and simmer for 5-6 minutes, or till the apples are cooked and soft.

Add curry powder, white pepper powder, and salt to taste. Cool, remove the bay leaf and purée the apple mixture.

Pass it through a sieve and keep warm.

## SWEET AND SPICY FISH

### Ingredients

750g pomfret  
1 tsp turmeric powder  
2 medium size onions