

RECIPE

A smart meal box

We all love a good takeaway but it's not all just about pizza and fried chicken in the world of food delivery. From busy insurance brokers to workaholic parents to those who simply cannot be bothered to cook — Smartmeal can be a lifesaver!

We all start out with the intent of shopping smart. Grand Ideas of smoothies, salads, and a multitude of healthy recipes are dreamt up on a Friday night, only to end up eating greasy and unhealthy food for lunch the rest of the week. As a result, our bank accounts take a hit, as well as our wellbeing.

Enter Smartmeal, aka, the superhero of no-time-to-cook!

Dhaka's biggest curse is food. The tainted bloodline runs circles in our veins, pumped in daily with contaminated junk. Excessive use of pesticides, unregulated street food, and lack of awareness has negatively impacted the ability of our working age population to reach their full potential. Unsafe food consumption results in 10 percent of adult deaths in Bangladesh. Part of this problem comes from businesses trying to make profit at any cost.

This is why LiveGreen BD, the parent platform of Smartmeal, has

made it their mission to improve the lives of millions by delivering food that is healthy, ethical, and affordable to your door. They want Smartmeal to become part of a healthy lifestyle rather than just another good idea. It is a revolution. One that started by identifying a major problem we all face daily.



The founders behind the company say they are proud of the people moving the wheels of our economy. This is why they offer a free delivery service to offices and homes when orders are placed online or via their hotline. Having no dine-in facility allows the company to focus all their attention in the kitchen. This helps to ensure you have delicious



and healthy meals delivered on time for your much-needed lunch.

Due to high demand, the company is expanding its fleet and capacity rapidly. What started out in Gulshan on 1 October, 2019 has now spread to Banani, Baridhara, Bashundhara, Mohakhali, and Tejgaon in less than 2 weeks!

Despite a Smartmeal box



containing between 450-600 calories, the portions are generous and the food is refreshingly tasty.

Discover a world of good food:
www.facebook.com/smartmealbd;
www.instagram.com/smartmealbd;
 Call +8801301709823

GRILLED CHICKEN

Ingredients

- 4 chicken breast pieces
- ½ cup soya sauce
- 1 tbsp mustard
- 1 tbsp lemon juice
- 1 garlic clove
- 1 tsp salt
- 1 tsp black pepper, crushed
- ½ tsp oregano
- 1 tbsp orange juice
- 1 green chilli, sliced
- ¼ cup capsicum
- 4 tbsp olive oil

Method

Sauté the capsicum with some olive oil in a saucepan. Once the skin is toasted, blitz it all in a blender. Add remaining ingredients, except for the chicken, and add to the mix.

Once done, marinate the chicken breasts in this sauce. Keep covered and refrigerated for at least 30 minutes.

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