

MEALS OF MEMORY
SYEDA NAFISA AHMAD



Easy ways of making healthy meals

Beans, herbs and tofu are often considered easy ingredients for healthy meals, but without the right mix, they could turn out bland. And so, here are a few healthy and delicious meals.

FOUR BEAN SALAD

Ingredients

- ¼ cup white cow beans (chawli)
- ¼ cup red kidney beans (rajma)
- ¼ cup green grams (moong)
- 7-8 French beans
- 1 medium size onion
- ¼ small bunch of fresh coriander leaves
- ¼ small bunch of fresh mint leaves
- 2 green chillies
- 3 tbsp lemon juice
- 1½ chaat masala

Method

Pick and wash white cow beans and kidney beans separately. Soak them separately



overnight, in plenty of water. Wash and soak moong for about two hours. Boil the three dry beans separately in salted water until soft. Drain and let cool.

String, wash French beans and cut into ¼ inch pieces. Boil in one cup of salted water until done. Drain immediately and refresh with cool water. Keep aside. Peel, wash and cut onions. Clean, wash and chop fresh coriander and mint leaves and green chillies. Dilute lemon juice with equal amount of water. Stir in chopped coriander, mint, green chillies and chaat masala. Shake well and refrigerate the dressing for at least an hour. Mix the cooked beans with diced onion and add the dressing. Toss salad well and serve immediately.

SPINACH AND TOFU SOUP

Ingredients

- 100g tofu
- 1 bunch spinach
- ½ inch piece ginger
- 2 cloves garlic
- 1 tsp oil
- 3 cups vegetable stock
- 1 tbsp light soy sauce

Salt and pepper to taste

Method

Cut the tofu into one-fourth thick slices and then cut them into one-inch triangles. Wash the spinach leaves thoroughly under running water. Remove stems, roughly shred and keep them aside.

Peel and chop ginger and garlic. In a wok, heat oil on high heat and sauté chopped ginger and garlic. Add vegetable stock and bring it to boil. Add the tofu



pieces and light soy sauce and when it comes to a boil reduce heat and simmer for two minutes.

Add the shredded spinach leaves and simmer for a minute, stirring gently. Remove the scum to make clear soup. Add salt and pepper powder to taste and serve hot.

BEEF AND VEGETABLE

Ingredients

To season and marinate the meat —

- 1 beef chuck round steak
- 2 tbsp ginger
- 1 tbsp garlic
- 2 tbsp corn starch
- 2-4 tbsp honey, depending on your taste
- 2tbsp oyster sauce
- 4 tbsp soy sauce
- 1 tbsp sesame oil
- Salt to taste

Vegetables —

- 4 pieces bell pepper (4 colour)
- 2 carrots
- 4 scallions
- 1 large red onion
- Ginger (about a thumb size)
- 2 cloves of garlic
- 1 green chilli

Cauliflower and broccoli

All-purpose seasoning, to taste

Oil of your choice

Method

Cut beef chuck into thin slices. Wash and dry. In a bowl add beef, salt, ginger garlic paste, corn starch, honey, oyster sauce, soy sauce, and sesame oil. Mix all together. Cover and marinate for 20 minutes.

Cut all vegetable into cube size. Chop ginger, garlic and chillies. In a bowl add oyster sauce, soy sauce, corn starch, and water. Mix everything well and keep aside.

In a large wok add oil, stir fry the cauliflower and broccoli with salt and all-purpose seasoning. Let the vegetables out from the pan and keep aside. Add some oil and stir fry the marinade beef. Let the beef out from the flame and keep aside. Add

more oil in the same pan and add chopped ginger, garlic, and chillies. Stir fry the carrots and remaining vegetables for 5-6 minutes. Add fried cauliflower and broccoli. Season with salt and all-purpose seasoning. Now add the beef and prepared sauce. Stir fry for 5-6 minutes. Sprinkle spring onion and sesame oil. Serve hot and enjoy.

PINEAPPLE WALDORF

Ingredients

- 1 medium sized pineapple slice
- ½ cup walnut
- 1 stalk celery
- 1 bunch lettuce
- 3 tbsp mayonnaise
- 2 tbsp fresh cream
- Salt to taste
- 7-8 crushed peppercorns

Method

Cut pineapple into half-inch sized pieces. Roast walnuts in an oven or on a tawa until a little crisp. Roughly break walnuts into smaller pieces. Crush a few walnuts to a coarse powder. Wash, trim and cut celery stalk into half-inch sized pieces. Thoroughly wash lettuce leaves and tear them into bite sized pieces.

In a mixing bowl, mix in pineapple, lettuce leaves, celery and roasted walnuts. Add mayonnaise and fresh cream. Add salt to taste and freshly crushed peppercorns. Lightly toss salad so that the dressing evenly coats the pineapple, walnuts and lettuce leaves. Garnish with coarse walnut powder and serve chilled.

Photo: Sazzad Ibne Sayed
Food and Styling: RBR