

## Cooking one pot meals

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### Method

Heat a pan over medium flame, add olive oil, chopped garlic and potatoes, sauté until garlic turns brown. Add stock and braise for 5-10 minutes.

Add beetroot, carrot and other vegetable pieces when potatoes are half cooked. Let all the vegetables get tender and add ground meat along with onions, sauces, salt and pepper. Cook until meat gets tender and let oil come out. Sauté for a few minutes.

Transfer into a serving dish and garnish with chopped parsley.

### Steamed Banana Leaf Rice Pouch

#### Ingredients

2 cup aromatic rice



500g prawn (skinless)/boneless chicken (diced)

8-10 bird-eye-chilli/green chilli

3 cloves garlic

1-inch ginger

2 medium size onions, chopped

2 stalk lemongrasses, 1-inch-long pieces

½ cup mushroom

½ cup bell pepper (diced)

½ cup bamboo shoots (boiled/tinned)

8-10 lemon basil/sweet/holy basil leaf

¼ cup oil

½ tsp turmeric powder

Salt to taste

½ to 1 cup water

2 big banana leaves

#### Method

Clean and soak rice into plain water for 2 hours at least. Take ginger, garlic, chillies, lemongrass into a grinder and grind coarsely. After 2 hours, in a large mixing bowl, add prawn or chicken, rice, onions, garlic-ginger coarse paste, all vegetables,

oil, turmeric powder, salt and water. Mix well and marinate for at least 20 minutes.

Take 2 large banana leaves and heat both sides of the leaves over low fire flame carefully to make them soft and flexible. Place one over each into a bowl and place rice prawn mixture over it. After placing marinated content at the centre over the layered leaves, need to fold all edges to make a pouch and tie the leaves carefully with the fibre extracted from banana leaves.

Place the banana pouch over a steamer, cover the lid and steam for one hour on medium flame.

Transfer the banana pouch over a serving dish. Garnish with basil leaves.

Photo and Food: Chiangmi Talukder Lena

## HOROSCOPE



### ARIES (MAR. 21-APR. 20)

Invest in profitable ventures. Romantic opportunities are plenty if you socialise. Clear up pending legal work. Your lucky day this week will be Saturday.



### TAURUS (APR. 21-MAY 21)

Don't be too critical. Your partner won't entertain your mood swings. Catch up with old friends. Your lucky day this week will be Friday.



### GEMINI (MAY 22-JUN. 21)

Don't rely on others for work. Its best to work on your own. Don't indulge needy people. Your lucky day this week will be Monday.



### CANCER (JUN. 22-JUL. 22)

Make some time for yourself. Get back to basics. Keep things cool at work. Your lucky day this week will be Tuesday.



### LEO (JUL. 23-AUG. 22)

Don't make promises you can't keep. You might have to work overtime. Don't let your partner upset you. Your lucky day this week will be Saturday.



### VIRGO (AUG. 23-SEP. 23)

Sudden changes can cause disruptions at home. Assign everyone their own projects. Make time for your partner. Your lucky day this week will be Wednesday.



### LIBRA (SEP. 24-OCT. 23)

Avoid confronting co-workers. Think before you act. Don't let family put pressure on you. Your lucky day this week will be Saturday.



### SCORPIO (OCT. 24-NOV. 21)

Focus your attention at work. Double-check any investment deals before signing on. Socialise and make valuable connections. Your lucky day this week will be Friday.



### SAGITTARIUS (NOV. 22-DEC. 21)

You might have to clear a colleague's mess. Don't spend on unnecessary luxury. Anger can bring about regret. Your lucky day this week will be Sunday.



### CAPRICORN (DEC. 22-JAN. 20)

Make time for some self-relaxation. Find a way to relieve tension. Chances for romance are in the works. Your lucky day this week will be Saturday.



### AQUARIUS (JAN. 21-FEB. 19)

Travel will promote new romantic encounters. Your unique ideas will attract attention. Colleagues may try to undermine you. Your lucky day this week will be Tuesday.



### PISCES (FEB. 20-MAR. 20)

Talk your heart out this week. Discuss your objectives with your partner. Spend time with colleagues. Your lucky day this week will be Saturday.

এখন  
**ফাস্ট ওয়াশ**  
ডিটারজেন্ট পাউডার  
১ কেজির সাথে  
১ টি  ৫৭০ লত্ৰীসোপ **ফ্রী!**





