



Hearty Meals

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Add paneer pieces and mix in the chopped coriander and mint leaves. Stir in the fresh cream and crush pepper corns. Sprinkle garam masala powder. Cover the pot with a tight fitting lid and seal using whole wheat dough or aluminium foil. Place sealed pot in the preheated oven and cook for 200°C for 10-15 minutes. Open the pot just before serving and serve immediately.

CREAMY PASTA SALAD

Ingredients

2L cream
45g salt
225g elbow macaroni
2 tbsp white distilled vinegar
Splash of olive oil

30g shallot, finely minced and rinsed
60g celery, finely chopped
30g scallion, thinly sliced
¾ cup frozen peas (thawed)
100g beef bacon, crispy and chopped
5g fresh dill
Black pepper, to taste
Salt, to taste
For dressing —
1 egg
50g sour cream
2 tbsp dijon mustard
15g sugar
¾ tbsp lemon juice
1 tsp Worcestershire
5g salt
½ clove garlic

300g neutral oil (light coloured olive oil, canola)

Method

Add water and salt to medium-large saucepan and bring to boil. Add pasta and boil for about 11 minutes or until tender. Drain, reserving a few scoops of pasta water. Add vinegar and a splash of olive oil to drained pasta and allow to cool to room temperature. For the dressing, combine all the ingredient in a blender and stream in oil. Once cooled, add shallot, celery, scallion, peas, beef bacon. Add a couple dollops of creamy dressing and a bit of pasta water and gently stir until pasta is well coated, but not swimming in dressing. Add dill, salt and pepper to taste, and stir to combine.

Photo: Sazzad Ibne Sayed and Collected

◆ HOROSCOPE ◆



ARIES (MAR. 21-APR. 20)

Get involved in artistic groups. Sudden romantic infatuations could be an exciting connection. Expect problems settling matters. Your lucky day this week will be Thursday.



TAURUS (APR. 21-MAY 21)

Don't lend or borrow. Don't let anyone at work take advantage of you. Your partner may make you feel jealous. Your lucky day this week will be Friday.



GEMINI (MAY 22-JUN. 21)

Be assertive in your approach. New romantic ties can be made. Make changes at home. Your lucky day this week will be Tuesday.



CANCER (JUN. 22-JUL. 22)

Take advantage of moneymaking ventures. Build on friendships. You will be uncertain of your feelings. Your lucky day this week will be Wednesday.



LEO (JUL. 23-AUG. 22)

Uncertainty regarding your direction is likely. Stay alert for deceptive actions. Be careful with your money. Your lucky day this week will be Sunday.



VIRGO (AUG. 23-SEP. 23)

Don't be forced into things. Get involved in intellectually stimulating groups. Empty promises are evident. Your lucky day this week will be Sunday.



LIBRA (SEP. 24-OCT. 23)

Your sensitivity will be appreciated. Mingle with people you would want to impress. Don't go overboard. Your lucky day this week will be Tuesday.



SCORPIO (OCT. 24-NOV. 21)

Avoid taking any risks this week. Do some travelling. Don't make unreasonable promises. Your lucky day this week will be Thursday.



SAGITTARIUS (NOV. 22-DEC. 21)

Lack of cash may put a damper on your plans. Romantic opportunities will be rare. Don't let jealousy get to you. Your lucky day this week will be Sunday.



CAPRICORN (DEC. 22-JAN. 20)

Take prompt action. Don't let anyone take you for granted. Take a step back and let others be. Your lucky day this week will be Friday.



AQUARIUS (JAN. 21-FEB. 19)

Be prepared to face opposition. Avoid functions with people who you don't like. It's time to make a choice. Your lucky day this week will be Friday.



PISCES (FEB. 20-MAR. 20)

Your relationships will be turbulent this week. Find ways to distract yourself. Your mood swings can result in loneliness. Your lucky day this week will be Saturday.

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