

1 tsp cumin seeds
 ½ tsp coriander powder
 2 tbsp fresh coriander
 3 tbsp mayonnaise
 3 tbsp chilli garlic sauce
 2 tbsp mustard paste
 ½ tsp black pepper powder
 Mozzarella cheese, as required

Method

Heat oil in a pan. Add ginger garlic paste, tomatoes and sauté for a minute. Add minced chicken, salt, red chilli flakes, black pepper powder and cook for 3 to 5 minutes. Then add onions, capsicum, green chillies and chilli garlic sauce. Cook for another 2 minutes. Remove from heat and allow it to cool.

In a bowl add flour, salt, and ghee. Mix properly and add water gradually and knead the dough. Cover and rest for 15 minutes. Now make small balls of dough and roll it out. Heat a flat pan, place rolled paratha on it, cook from one side and set aside.

Now spread mayonnaise on cooked side, sprinkle cheese, coriander leaves and top with cooked chicken. Cover with another half cooked paratha. Pour oil into the pan and fry the paratha from both sides properly until it become golden brown.

Your tasty paratha sandwich is ready to serve.

CHICKEN STEW

Ingredients

500g chicken cut into 1½ inch cubes
 3 cups chicken stock
 6-8 garlic cloves
 2 medium potatoes
 1 tbsp olive oil
 5-6 French beans, cut into small pieces
 2 medium carrots, cubed
 1 medium onion
 ½ tsp black pepper powder
 2 tbsp whole wheat flour
 ½ cup milk
 Salt to taste

Method

Slice onion and garlic. Cube the potatoes. Heat oil in a pan, add onion and garlic and sauté for a couple of minutes. Cube the carrots. Add potatoes and carrots to the pan and sauté

for 2-3 minutes. Add chicken and continue to sauté. Add whole wheat flour to the chicken and mix well. Fry for 1 minute. Add chicken stock, salt, pepper powder and mix well. Cover and cook till chicken is almost done. Add French beans and milk and cook for 5-7 minutes. Serve hot with garlic bread.

KHAGINA

Khagina is a South Asian spicy scrambled eggs with onion and tomatoes. It is a simple, easy to cook and protein rich recipe. Khagina was apparently a Mughal delicacy and may have arrived into the courtly cuisines of Delhi, Lucknow and Hyderabad through Persian influence. It can be served with different kinds of roti, chapati, paratha or naan.

Ingredients

5 large eggs
 3 tbsp butter
 2 large onions, finely chopped
 2 green chillies sliced
 1 tsp coriander powder
 ½ tsp red chilli powder
 ¼ tsp turmeric powder
 ¼ tsp garam masala powder
 ½ cup coriander leaves
 Salt to taste

Method

Crack the eggs in a medium sized bowl, whisk with a fork till light and fluffy. Set aside. Heat butter in a medium frying pan on medium heat. Add the sliced onion, and sauté till light golden. Add the chopped tomatoes and cook till soft. Mash the tomatoes. Add green chillies and all the spices. Cook for about 2 minutes or till the raw flavour of the spices dissipates and oil can be seen from the side of the masala.

Now, add the whisked eggs and cook on low heat till the eggs are almost cooked through. They should be soft and resemble soft scrambled custard. Make sure to keep stirring to scramble the eggs. At this stage add salt and chopped coriander. Stir for another 1 to 2 minutes and then take off the heat. Serve right away with bread of choice. Garnish with more coriander leaves.

SOYA MEAT RICE

Soya meat rice is a unique, nutritious take on the traditional biryani. This flavourful and delicious rice dish is one of the easiest and quickest version of rice you can make. Soya rice made with fragrant rice and soya meat is perfect as a healthy meal for sehri.

Ingredients

1 cup aromatic rice
 ½ cup soya meat
 2 tbsp curd
 2 tbsp oil
 ½ tbsp garam masala powder
 ½ tsp turmeric powder
 1 bay leaf
 1 star anise
 2-3 green cardamom
 3 cloves
 2 inch-size cinnamon pieces



1 strand mace
 ¼ tsp cumin seeds
 5 black pepper corn
To grind —
 ½ cup mint leaves
 ¼ cup coriander leaves
 2 green chillies
 1 inch-size ginger piece
 3 garlic cloves
 2 onion
 Salt to taste

Method

Soak soya meat in warm water until softened. Wash with cold water and squeeze to remove excess water, repeat this twice. Make sure there is no water left in the meat.

Add mint leaves, coriander leaves, onion, ginger, garlic, green chillies to a grinder. Grind to a smooth paste. Marinate the soya meat with this paste and *garam masala*. Set aside for 15 minutes.

Soak rice for 15 minutes and drain off the water and set aside. Heat oil in a pan. Add whole spices and sauté till it releases aroma. Add the marinated soya meat along with the ground paste. Sauté on a low heat until the raw aroma goes away. Add curd, turmeric and mix well.

Cook till the mixture leaves the sides of the pan. Pour water, add salt and bring to a boil on high heat. Reduce heat and add rice, mix well and cover the pan with the lid on low heat. Cook until the rice fully cooked. Remove from pan and serve hot.

OATS AND YOGHURT PORRIDGE PARFAIT

Oats and yoghurt porridge parfait is a protein-packed sehri recipe, and involves very few ingredients and less than half an hour to result in a crunchy parfait packed with refreshing pomegranate, goodness of pistachios, honey and yoghurt.

Ingredients

5 tbsp oats
 3 tbsp yoghurt
 1 tbsp honey
 3 tbsp pomegranate
 3 tbsp pistachio
 250 ml milk

Method

Soak the oats in milk for 2 hours in a container. For sehri, add layers of pomegranate, yoghurt, honey and pistachio. The parfait is ready to eat.

DATES AND MIXED FRUITS SMOOTHIE

Ingredients

10 dates, soaked in hot water for an hour
 1 cup mixed fruits (apple, banana, orange, papaya, etc.)
 1 cup yoghurt
 Water as required

Method

Blend the soaked dates with water into a thick paste. Add mixed fruits and yoghurt. Blend everything together into a thick smoothie. Enjoy immediately or with ice cubes.

Photo: Sazzad Ibne Sayed
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