

Easy cheat code recipes

FRITTATA - A HEARTY OMELETTE

Ingredients

8 *deshi* chicken eggs
2 medium sized onions, diced
2 green chillies, diced
2 tomatoes, cubed
A few leaves of mint and sweet basil
2 tbsp oil
½ mozzarella ball, diced into cubes
3 chicken sausages, cut into pieces
2 slices chicken salami, into quarters
Salt and pepper

Method

Beat the eggs in a bowl until frothy; add the ingredients and fold everything in. In a heavy bottomed pan slowly pour the beaten eggs and cook on low heat. Cover the pan with a lid for the eggs to cook thoroughly and ensure that the egg is not burned. You can also put it in the pre-heated oven for 10 min for the top to cook.

This is an excellent whole meal in itself and can be enjoyed with a slice of buttered sourdough or flax seed bread as well.

MELON JUICE WITH VANILLA ICE CREAM

Ingredients

1 cup melon cube, diced
3 scoops vanilla ice cream
2 tbsp yoghurt

Method

Put the ingredients in a blender and whisk thoroughly until a smoothie is made. Serve in a tall glass with crushed ice. Add a dash of lemon juice for extra zest. It will refresh your palate in a jiff.

MOUSSAKA (WITH CHEAT CODES)

Ingredients

4 large aubergines, big ones
½ kg beef mince
½ cup diced onions and garlic
1 tbsp ginger-garlic
1 tsp chilli powder
1 cup olive oil
2 cups white sauce

2 cups Parmesan cheese

Sweet basil

Salt to taste

Method

This is a short cut version of the Greek dish. It is all about assembling and takes quite a while if you want to follow the recipe exactly. Thus, cheat codes for you to try —

Cut the aubergines into round and rub salt to it to take away the bitterness. In a pan add olive oil and diced onions and sauté; add the garlic, ginger and red chilli powder and cook. Add the beef mince into this spice mix and cook till the meat is tender. Grill the aubergines until soft.

In a serving dish lay the aubergines in such a way that the entire bottom has an aubergine foundation. Add the cooked minced meat on top of it and add the white sauce, toss parmesan cheese and sprinkle sweet basils on top of it. Repeat the assembly in the exact manner again. Garnish the top with extra parmesan and basils. Bake for 30 minutes, till the cheese melts and the top is browned.

CHICKEN GRILLED SANDWICH

Ingredients

For grilled chicken —
1 piece chicken breast
½ tsp ginger-garlic paste
1 tsp olive oil
Salt to taste
For the sandwich —
2 large slices of white bread or multigrain brown bread
½ tsp mayonnaise
2 leaves of iceberg lettuce



2 large rounds of tomato

Method

Marinate the chicken breast with olive oil. Add the ginger-garlic paste and salt. Keep aside for half an hour. Then grill it in a flat-bottomed pan. Let it rest for few minutes and cut it into strips. Add mayonnaise and assemble the lettuce, tomatoes and grilled chicken into the sandwich. Spread butter to the outside of the sandwich and pan fry it for few minutes until slightly golden brown.

Serve with a chilled glass of banana ice cream shake.

PESTO SPAGHETTI WITH SHRIMPS

Ingredients

For pesto —
10 sprigs sweet basil leaves
2 cloves garlic
2 tbsp lemon juice
4 finely chopped green chillies
3 tbsp olive oil
For spaghetti —
½ pack spaghetti

2 tbsp olive oil
Salt to taste

White, black, pink peppercorns (semi crushed)

1 clove garlic, chopped

10 medium size shrimp, deveined

Method

Blend all ingredients in a blender and put aside. It is good to go for 2 weeks if properly refrigerated. Now, put spaghetti in a pot of hot boiling water to which add few drops of olive oil and sea salt to season. In a separate pan heat olive oil and sauté the garlic until slightly browned and the aroma is released.

Drop the shrimps and stir for few minutes until thoroughly soft and cooked. Make sure your spaghetti is simultaneously being boiled; add it immediately to the pan, and stir. Add the pesto mix, mozzarella or parmesan cheese, salt and crushed assorted pepper to season. Serve hot.

It's a filling dish and can be a healthy dinner option this summer.

RBR

Photo: Sazzad Ibne Sayed

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