

#FOOD & RECIPES

# Refreshing Recipe for a Meaty Eid

Eid-ul-Azha is around the corner, and food buffs who enjoy the festival have no doubt already chosen their traditional favourites to experiment when the meat comes in. However, people nowadays have had so much exposure to different cuisines that the meat loving heart can no longer restrict itself to only biryani and beef rezala, even during Qurbani. And so, here's an alternate to the traditional and very much anticipated noodles.

## NOODLES WITH BEEF

*A low-calorie platter, which takes only 15 minutes to serve!*

### Ingredients

- 2 packets of uncooked noodles
- 1/3 cup sliced fresh mushrooms
- 1/3 cup chopped onions

- 1 tbsp olive oil
- 170g deli roast beef, sliced or cubed
- 1/8 teaspoon pepper
- 1 packed noodles masala
- Optional: dollop of hot tomato sauce and coriander as garnish

### Method

Cook the noodles according to package directions. In a large skillet, sauté the mushrooms and onions in oil until it is tender. Add in the roast beef and pepper. Bring to a boil. Drain the noodles and stir into the skillet. If desired, top with hot tomato sauce and coriander.

By Munira Fidai

Photo: Sazzad Ibne Sayed

Food and Styling: RBR

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# Beef Chapli KABAB

This particular Eid can be entirely too heavy for some palates who wish to break away from the customary and opt for variations. For the culinary experimenters who long to swim against the current, here is one unconventional, yet mouth-watering beef recipe to try and serve.

### Ingredients

- 1 egg, lightly beaten
- 1/2 kg ground beef
- 1 tomato, finely chopped
- 1 medium sized local onion, finely chopped
- 1/4 cup cilantro, finely chopped
- 1/4 cup mint, finely chopped
- 2 tsp ginger-garlic paste
- 2 tsp coriander powder
- 1 tsp salt
- 3/4 tsp ground cumin
- 3/4 tsp black pepper
- 1/4 cup oil for frying
- 2 tomatoes, sliced into rounds

### Method

Lightly brush a pan with cooking oil and break an egg into the skillet. Cook and stir the egg until scrambled

Combine the scrambled egg with beef, chopped tomatoes, coriander powder, cilantro, mint, ginger and garlic paste, pepper, salt and cumin. Use hands to blend in the mixture properly. Then lightly oil the hands and shape the patties. Press a tomato slice into the centre of each patty.

Heat oil in a deep skillet and cook the patties in hot oil until charred, 4 to 6 minutes per side.

Now you are done. This dish tastes even better when served with hot tomato sauce or the regular tomato sauce.

Eid Mubarak in advance!

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