

## **MYSORE RASSAM**

Warming and healing South Indian spiced lentil, tomato and pepper soup.



(YELLOW STICKER)

### **METHOD**

1. Empty the contents of the bag in a sauce pan large enough to accommodate the soup, reheat to bring to a boil, stirring continuously to mix through.
2. Pour into cups, garnish with fried curry leaves and enjoy hot.

## **BHEL PAPDI CHAAT**

Mumbai street fix for you to mix!



(GREEN STICKER)

### **METHOD**

1. In a large bowl, mix the cracked wheat, spiced potatoes and puffed rice. Add 3/4 of the tamarind chutney and the coriander chutney and mix it all through together so all pieces are evenly coated.
2. Pour onto your serving plate, sprinkle the chickpea vermicelli, the remainder coriander and tamarind chutney and finish with the fresh pomegranate

## **GRILLED AUBERGINE WITH SESAME TAMARIND CRUMBLE**



(BLUE STICKER)

### **METHOD**

1. Pan fry the marinated aubergine halves in veg or corn oil for 2-3 minutes each side on a frying pan.
2. Brush the flesh side of the aubergine with tamarind chutney and sprinkle over the crumble.
3. Finish in a preheated oven at 180 C for 2-3 minutes.
4. Reheat the sesame tamarind sauce either in a microwave for 1 min or by emptying the contents of the bag into a saucepan and bring to heat.
5. Pour the sauce on a wide plate and arrange the cooked aubergine steaks over. Sprinkle any leftover crumble on top and serve.

# **CHARGRILLED CAULIFLOWER WITH SPINACH NUTMEG SAUCE, CURRY LEAF LIME CRUMBLE**



(BLUE STICKER)

## **METHOD**

1. Empty the marinated cauliflower onto an oven tray, drizzle with oil and roast in a preheated oven at 180C for 10-12 minutes or until heated through and charred.
2. Reheat spinach sauce either in a pan or in a microwave.
3. Spread sauce on a plate, place the charred cauliflower on top.
4. Sprinkle the curry leaf and lime crumble over and serve immediately.

## **VEGAN CHOLA DAL**

(BLUE STICKER)



### **METHOD**

1. Reheat either in a pan or in a microwave.

## **KERALA SUNSHINE RICE**

Turmeric, lemon, mustard and curry leaves

(BLUE STICKER)

### **METHOD**

1. Reheat either in a pan or in a microwave.

Alternatively, you can set up a pan of water to boil in a large enough pan, and reheat the soup, the sesame tamarind sauce and the spinach sauce, the cholar dal, and Kerala rice, all in the same pan in their respective bags. Once the contents of the bag are hot, remove carefully from the pan and dry the bag using a clean kitchen towel, then carefully cut open the bag using scissors and transfer the contents onto a serving bowl.

## **BLACK LENTILS**



Classic Punjabi style 24-hour slow cooked black lentils

### **METHOD**

1. Boil about half a litre of water in a small saucepan.
2. Place the bag of black lentils carefully in the water. The water should be enough to cover the packet.
3. Reduce heat and simmer for 5 minutes.
4. Remove the bag from water, cut it open and transfer the contents to a bowl.
5. Stir well and serve hot.
6. Alternatively, (or if you notice any signs of leakage in the packet) open the bag and transfer the contents to a saucepan.
7. Bring to a boil, reduce heat and simmer for 2 minutes.
8. Remove from heat and serve hot.

**CHILLED COCONUT KHEER, CHARGRILLED  
PINEAPPLE, STEM GINGER, QUINOA  
CRUMBLE**



(ORANGE STICKER)

**METHOD**

1. Place the kheer in a wide serving bowl
2. Scatter the pineapple pieces over.
3. Same with stem ginger.
4. Finally sprinkle the quinoa crumble over last and enjoy.