



**Eat Right
India**
सही भोजन. बेहतर जीवन.

75
Azadi Ka
Amrit Mahotsav

Tadke Bina Zaiqa

Traditional Indian dishes without the use of visible fat





Compiled and edited by

Dr. Joshita Lamba Saini, Nutrition Consultant, PATH

Ms. Monisha Venkatesh, NetProFaN member (Chennai) and CDPO, ICDS (Tamil Nadu)

Designed by

Ms. Sonia Thakur, Graphic Designer, FSSAI

About the book (Tadke Bina Zaika)

Fats are an important constituent of any diet and play an important role in both health and disease. However, excessive consumption of fats in diet increases risk of obesity, elevates blood cholesterol, which may also lead to cardiovascular and other related disorders. Non-communicable diseases (NCDs) account for 60 percent of all deaths in India¹. Urbanisation, changing economy and market forces have resulted in radical shift in dietary consumption pattern in India. The recent research shows that the intakes of total fats and saturated fats are high in Indian diets. The increasing trend of fat intake have been reported in men and women from both urban and rural setting².

There are primarily two types of fats in our diet the visible and invisible fats. Visible fats are the ones which you see in the form of butter, cooking oils (vegetable oils), ghee etc. Invisible fat is hidden fat which is inherently present in the food in varying amounts such as milk, egg, almonds, meat, nuts and seeds etc. The invisible fat content of food also contributes significantly to the total fat content of food. So there is a need to monitor on both visible and invisible fat consumption.

The amount of fat consumed by an individual should be enough to meet the daily requirements of essential fatty acids, provide palatability and not produce any adverse effects. It is estimated that about 15 – 25 g of visible fat meets both the requirements of essential fatty acids and 3-6% of the total energy needs. According to the 'What India Eats, 2020' survey report by National Institute of Nutrition the adults in urban areas consumed 51.6g fat per day whereas in rural areas it is 36g. The survey attributed the rising instances of being overweight, obesity and abdominal obesity cases directly to high fat consumption. The recent NFHS-5 (2019-21) data shows that 33 percent of women in urban areas and 20 percent in rural areas are overweight or obese whereas 30 percent of men are overweight or obese in urban areas, compared with 19 percent in rural areas.

With this backdrop on the occasion of World Obesity Day, 2022 on 4th March 2022 a visible fat-free cooking challenge was launched. The challenge encouraged people to cook their traditional Indian dishes without the use of visible fat (mayonnaise, ghee, Khoa, fresh cream, butter, margarine, cheese and all kinds of cooking oils). During the challenge 115 entries were received from students, professionals and cooking enthusiast. The recipes received were categorised in four categories.

This book features all the winning recipes. The nutritive value is calculated based on the amounts submitted by participants according to NVIF (1989), IFCT (2017), USDA (2017). The calculations provide an estimate and are not exact. The value may vary depending on individual portions and variety of food products available in different regions. We hope this book will provide innovative ways to prepare traditional Indian dishes with no visible fat and encourage you to adopt these practices in your life. Let's gradually reduce the amount of fat we use in our cooking while maintaining the taste of the food and health of our family.

¹ Nethan, S., Sinha, D. and Mehrotra, R., 2017. Non communicable disease risk factors and their trends in India. Asian Pacific journal of cancer prevention: APJCP, 18(7), p.2005.

² Menon, G.R., Yadav, J. and John, D., 2022. Burden of non-communicable diseases and its associated economic costs in India. Social Sciences & Humanities Open, 5(1), p.100256.

Index

1. No tel tasty appetizers

Sno.	Name of the dish	Pg.no.	Sno.	Name of the dish	Pg.no.
1.	Yummy tummy poha	7.	32.	Bhindi Masala	67.
2.	Sabudana Vada	9.	33.	Coco Nut Yam Curry -E- Pa-Run- Tha	69
3.	Rice Veggie Roll	11.	34.	Zero Oil Methi Matar Makhana Sabzi	71
4.	Cafereal Paneer Multigrain Bhakri Coin	13.	35.	Cauliflower curry	73
5.	Oil-Free No-Cook Dahi Vada	15.	36.	Masala tinda	75
6.	Broccoli Balls	17.	37.	Tori Posto	77
7.	OIL FREE Pakoda	19.	38.	Stuffed Capsicum	79
8.	Haryali Paneer Tikka	21	39.	Kundru Aloo	81
9.	Besan Cheela	23	40.	Dahi Aloo	83
10.	Vegetable cutlet	25	41.	Besan Arbi	85
11.	Upma	27	42.	Bagara Baingan Hyderabad Style	87
12.	Vegetable Uthappam	29	43.	Shahi Paneer	89
13.	Chicken Poppers	31	44.	Shimla Mirch ki Sabzi Paneer Wali	91
14.	Fish Fingers	33	45.	Oil Free Kadhai Paneer	93
15.	Chicken Reshmi Tikka	35	46.	Garlic Paneer	95

2.Nothing oily mains

16.	Rajma Healthy and Tasty	35	47.	Keto cauliflower rice with peas	97
17.	Dal Pithi	37	48.	Zero Oil Shahi Kofta Recipe	99
18.	Pindi Channa	39	49.	Vada curry	101
19.	Khatti Dal with Vegetables	41	50.	Traditional oil free Indian thaali	103
20.	Kali Dal	43	51.	Creamy chicken with rice	105
21.	Oil free Tadka Dal	45	52.	Hariyali mutton-do-pyaza	107
22.	Kadhi Pakodi	47	53.	Chicken kofta curry	109
23.	Dal Baati Churma	49	54.	Exotic chicken curry	111
24.	Kaju methi muthia gravy	51	55.	Rajma Chicken with Naan	113
25.	Khatta Meetha Kadoo	53	56.	Goan Fish Curry	115
26.	Tariwali lauki	55	57.	Tomato Fish	117
27.	Zucchini sprout ki sabzi	57	58.	Butter Chicken	119
28.	Carrot ki Sabzi	59	59.	Egg Kofta	120
29.	Aloo Matar	61			
30.	Coconut Beans	63			
31.	Baby Corn Palak(Spinach)Curry	65			

3. Breads & more

Sno.	Name of the dish	Pg.no.
60.	Roll twister matar paneer	123
61.	Mushroom Spinach roll	125
62.	Healthy Oil-free and Whole Wheat Kulcha	127
63.	Egg Dosa	129
64.	Vegetable pulao	131
65.	Bengali-style Kichudi without Oil	133
66.	The green chicken pulao	135
67.	Mutton Yakni Biryani	137

4.No tel dessert tales

68.	Nachni chi rani	141
69.	Zero oil malpua rabdi	143
70.	Ragi peanut laddu	145
71.	Chocolate cake	147
72.	Seviyan	149
73.	Gujiya	151
74.	Baked pumpkin oatmeal	153
75.	Pazham Payasam	155





No tel tasty





appetizers





YUMMY TUMMY POHA

By: K. Hamshavardhini



Preparation Time
- 10 mins



Cook Time
- 5 mins



Serving Size
- 4

Ingredients

Capsicum – 1
Green peas – 30g
Cabbage – 30g
Carrots – 30g
Broccoli- 30
Sweet corn- 50g
Rice flakes- 100g
Tomatoes -2
Coriander leaves - 5g
Curry leaves- 5g
Mint leaves - 5g
Turmeric powder -3g
Garam masala-3g
Pepper powder -2g
Salt (pinch)

Instructions

1. Steam the mixed vegetables taken.
2. Make puree with the tomatoes .
3. In a kadai, add the tomato puree, let it boil till it thickens.
4. Now add the steamed mixed vegetables to the kadai.
5. Add turmeric powder, peeper powder, garam masala and some sat to the kadai.
6. Now add the twice washed rice flakes to the kadai and mix well. Let it cook for few minutes.
7. Turn off the stove and add the chopped curry and coriander leaves to it.
8. The yummy tummy poha is ready

NUTRITIVE VALUE

(Per serving)

Energy	400 Kcal
Protein	15 g
Fat	2.37 g
Carbohydrate	68 g



SABUDANA VADA

By: Ashna Singhal



Preparation Time
- 2 Hrs



Cook Time
- 15 mins



Serving Size
- 4

Ingredients

Sabudana/ Sago: 1 Cup
Coarsely Ground Peanut: 1/4 cup
Boiled Potato: 2
Jeera: 1 tsp
Green Chilly paste: 2 tsp
Coriander Leaves chopped: 2
Tbsp
Lemon Juice: 2 tsp
Salt as per taste

Instructions

1. Rinse and soak sabudana for 2-3 hours.
2. In a large mixing bowl, add soaked sabudana, jeera, paste of green chilly, coarsely ground peanuts, coriander leaves and salt. Mix well then add lime juice.
3. Form small size balls.
4. Heat apan. Place sabudana balls in each of the cavities. Cover and cook for 2 minutes.
5. After 2 minutes flip and cook again for 2 minutes. Flip 2-3 times till sabudana vada is perfectly brown.
6. Serve with curd or coriander mint chutney.

NUTRITIVE VALUE

(Per serving)

Energy	100 Kcal
Protein	2.4 g
Fat	5 g
Carbohydrate	15 g



RICE VEGGIE ROLL

By: Sahota Harleen Kaur



Preparation Time
-- 30 mins



Cook Time
- 30 mins



Serving Size
- 3

Ingredients

Potatoes - 2
Salt - As per taste
Carrot - ½ cup
Black Pepper - ½ tsp
Peas - ½ cup
Chaat Masala - ½ Tbsp
Capsicum - ½ cup
Red Chilli Powder - ½ tsp
Paneer - ½ cup
Cumin seeds - ½ tsp
Semolina - ½ cup
Onion - ½ cup
Rice Flour - 2 cup
Water - As per requirement

For Dip

Tomatoes - 4 medium sized
Garlic - 8-10
Ginger - 1 inch
Kashmiri Red Chillies - 8-10
Vinegar - 1 tsp
Salt - As per taste.

Instructions

Preparation Of Dough:

1. Boil water in a vessel. Add Cumin seeds and ½ tsp salt.
2. Add Flour Rice and Semolina and stir continuously to avoid lumps. Cover the lid and cook for 2-3 minutes on low flame.

For Stuffing:

1. Chop capsicum and carrots. Cook them in a non-stick pan.
2. Boil the peas in pressure in a cooker for 2-3 whistles.
3. Take all the vegetables in the bowl. Add boiled potatoes and mash them.
4. Add all spices in it.
5. Grate Paneer and mix all the vegetables in a bowl.
6. Allow the dough to rest for 30 mins
7. Take a small piece and press it with the thumb in the centre and fill the stuffing prepared and close the balls.
8. Take a non-stick pan and place the rolls in it.
9. Roast them until they get a crispy texture and serve.

For Dip:

1. Soak Red Chillies for ½ an hour.
2. Boil the Tomatoes , Ginger and Garlic and let cool.
3. Grind all the ingredients in the grinder (Including chillies, vinegar) into fine paste.

NUTRITIVE VALUE

(Per serving)

Energy	150 Kcal
Protein	7 g
Fat	3 g
Carbohydrate	24 g



CAFEREAL PANEER MULTIGRAIN BHAKRI COIN

By: Preshita Shendre



Preparation Time
-- 15 mins



Cook Time
- 35 mins



Serving Size
- 3

Ingredients

Paneer – 150g
Coriander leaves – 100g
Cloves & Cinnamon sticks - 2
Black pepper & Garlic cloves - 4
Ginger - 1
Peanuts – 10g
Lemon juice – 1 tsp
Tomato - 2
Black cardamom - 2
Green chilli - 2
Onion - 1
Potato - 1
Ragi flour – 10g
Gram flour – 10g
Wheat flour – 30g
Salt – As per taste
Red chilli powder – ½ tsp
Haldi Powder – ½ tsp
Coriander Powder – 1 tsp
Dry Mango Powder – ½ tsp
Cumin Seeds – 1 tsp

NUTRITIVE VALUE

(Per serving)

Energy	235 Kcal
Protein	14 g
Fat	10 g
Carbohydrate	23 g

Instructions

1. Chop fresh coriander leaves. Peel & cut garlic ,ginger ,onion and cut 1/2 of tomato into pieces . And cut potato and tomato into round slices.
2. Grind all ingredients; Coriander leaves , Cloves,Cinnamon sticks, blackpepper , garlic ,ginger ,peanuts,lemon juice ,Tomato pieces ,Black Cardamom ,Green chilli ,Cumin seeds and make a paste .
3. Put the paste in a pan and heat on medium flame. Add little water and allow to cook for 10 min .
4. In another bowl put paneer in hot water to soften and cut them into slices .
5. Stir the gravy and add 1/2 tsp red chilli powder ,haldi powder, garam masala ,amchoor powder ,Coriander powder. Mix well and stir the gravy .
6. Then add chopped onion and tomato. Let it cook for 10 min ,add sliced potato into the gravy, cook for 6-8 min in low flame to a thick consistency of gravy for a smooth texture. Then add sliced Paneer and cover it and let it cook for 5 min. Cafreal Paneer gravy is ready .

Multigrain Bhakri Coin

1. Combine wheat flour , gram flour ,ragi flour and corn flour . Add some salt . Knead it well and make a dough.
2. Make a small ball of kneaded dough and then roll it and cut it into coin shapes with the help of katori .
3. Then roast it on hot non stick tawa till crispy and brown .And then multigrain bhakri coin is ready then .

Assembly

Put multigrain bhakri coin in a plate Add tomato slices and cafreal Paneer gravy and onion ring on the top .Garnish with coriander leaves .



OIL-FREE NO-COOK DAHI VADA

By: Samira Gupta



Preparation Time
-- 15 mins



Cook Time
- 35 mins



Serving Size
- 3

Ingredients

A. For Vadas

White Bread - 4
Grated Coconut - 2 Tbsp
Pomegranate Pearls - 1 Tbsp
Ginger Julienne - 1 tsp
Raisins - 1 tsp
Chopped Nuts Almonds - 1 Tbsp
Chironji - 1 tsp
Salt - ¼ tsp

B. Whisked Curd

Thick Curd - 1 cup
Salt - As per taste
Roasted Cumin Powder - 1 tsp
Chat Masala - ½ tsp

Red Chilli Powder - ¼ tsp

C. Amchoor Or Tamarind Chutney

Amchoor - 30g
Water - ½ cup
Jaggery Powder - 1 cup
Rock Salt - 1 tsp
Red Chilli Powder - ½ tsp
Black Pepper Powder - 1 tsp
Garam Masala - 1 tsp
Roasted Cumin Powder - 1 tsp

D. Green Coriander Chutney

Green Coriander - 250g
Salt - 1 tsp
Amchoor Powder - 1 tsp
Cumin Seeds - ½ tsp

NUTRITIVE VALUE

(Per serving)

Energy	172 Kcal
Protein	4.5 g
Fat	8 g
Carbohydrate	20 g

Instructions

A. For Vadas

1. Take grated coconut, chopped nuts mix everything and keep it aside.
2. Take bread and trim the edges of the bread.
3. In a bowl of water. Dip it in water and make it moist
4. Put 1 or 2 tablespoons of filling in the squeezed bread and close it.
5. Make it round shaped. Similarly make all the vadas.

B. For Whisked Curd

1. Using a whisk, smoothen Dahi. Add roasted cumin powder, chat masala and chilli powder.

C. For Amchoor Chutney

1. In a vessel add Amchoor powder, sugar and water in a vessel and mix everything using a ladle. Put the vessel on medium flame. Keep stirring so that sugar does not stick to the bottom.
2. Add all the spices except the lemon juice.
3. After 3 to 4 minutes when the sugar dissolves completely, lower the flame and let it cook on sim gas.
4. After 5 minutes, when the chutney has reached the desired consistency, squeeze lemon juice. Give it a final boil and switch off the gas.

D. Green Chutney

Put all the ingredients in the grinder and make a fine paste.

E. Assembly

1. In a shallow dish, keep all the stuffed vadas. Pour smoothened dahi over them so that they are fully covered in it. Keep this in the refrigerator for 1-2 hours
2. At the time of serving, add salt in the prepared dahi and put it over these. Then little tamarind or dried mango powder chutney, little green coriander chutney.
3. Serve it fresh



BROCCOLI BALLS

By: Kiran Chauhan



Preparation Time
-- 20 mins



Cook Time
- 15 mins



Serving Size
- 5

Ingredients

Grated broccoli – 1 ½ cup
Onion – ½ cup , finely chopped
Oregano – ½ tsp
Dried basil – 1 tsp
Black pepper – ¼ tsp
Chipotle pepper – ¼ tsp
Garlic – ¼ tsp
Chia seeds- 1 tsp soaked
Breadcrumbs – ½ cup
Almond milk – ¼ cup
Yeast - 1 Tbsp
Salt to taste

Instructions

1. Preheat the oven to 180°C.
2. Sauté the onions and add the grated broccoli and salt to the pan and cook until the moisture evaporates. Remove from the heat.
3. Add the spices, breadcrumbs, and almond milk. Stir well.
4. Add the soaked chia seeds and mix well.
5. Divide the mixture into 10-12 balls.
6. Place the balls on a lined baking tray and bake for 25 minutes.
7. After 15 minutes, turn the baking sheet around and bake for 10 minutes more.

NUTRITIVE VALUE

(Per serving)

Energy	385 Kcal
Protein	19 g
Fat	15 g
Carbohydrate	50 g



HARIYALI PANEER TIKKA

By: Sonia Chauhan



Preparation Time
-- 20 mins



Cook Time
- 15 mins



Serving Size
- 4

Ingredients

Paneer/cottage cheese – 200g
Mint leaves – ¼ cup
Coriander leaves – ¼ cup
Green chilli - 1
Ginger garlic paste – ¼ tsp
Lemon juice – 1 tsp
Curd – 5 Tbsp
Seasonal vegetables
Garam masala – ¼ tsp
Black salt – ¼ tsp
Turmeric powder – A pinch
Salt- As per requirement

Instructions

1. Prepare a fine paste of green chili, coriander, and mint leaves along with lemon juice without adding any water.
2. In a bowl, add cubed paneer along with the green paste, ginger garlic paste, chaat masala, garam masala powder, turmeric powder, black salt, and thick curd.
3. Mix well so that each paneer cube is fully covered with the paste. Marinade the cubes for 4-6 hours in the fridge.
4. Insert each paneer in a bamboo skewer, followed by baked vegetable cubes, and grill on a nonstick tawa or baking tray (180o C for 15-20 min), rotating each side.
5. Serve with mint yogurt chutney or sweet tamarind chutney.

NUTRITIVE VALUE

(Per serving)

Energy	125 Kcal
Protein	11 g
Fat	8.5 g
Carbohydrate	10 g



BESAN CHEELA

By: Ritu Dhawan



Preparation Time
- 10 mins



Cook Time
- 10 mins



Serving Size
- 1

Ingredients

Besan- 100 g
Tomato- 1 Tbsp
Onion- 1 Tbsp
Carrot- 1 Tbsp
Peas- 1 tsp
Green chilli- 1
Turmeric powder- ½ tsp
Carrom seeds- 1 tsp
Coriander leaves- 1 tsp
Salt to taste
Water

Instructions

1. Chop all the vegetables finely.
2. In a bowl mix besan, vegetables and spices. Add water to make a batter of flowing consistency.
3. Keep aside the batter for 15 min.
4. Heat a nonstick pan and add the batter. Cook on low flame on both the sides till it is crispy.
5. Serve hot with chutney or sauce of choice.

NUTRITIVE VALUE

(Per serving)

Energy	260 Kcal
Protein	7 g
Fat	4 g
Carbohydrate	40 g



VEGETABLE CUTLET

By: Shalini Sethi



Preparation Time
- 15 mins



Cook Time
- 25 mins



Serving Size
- 2

Ingredients

Potatoes- 50g
Peas- 50g
Carrot- 30g
Paneer- 25 g
Maida- 2 tsp
Corn flour- 1 Tbsp
Ginger paste- 1 tsp
Garlic paste- 1 Tbsp
Green chilli- 1
Black pepper- 1 tsp
Roasted cumin powder- 1 tsp
Amchur powder- 1 tsp
Lemon juice- 1 tsp
Salt to taste

Instructions

1. Boil potato, peas and carrot. Remove water and mash the vegetables in a bowl.
2. Add ginger-garlic paste, green chilli, roasted cumin powder, amchur powder, lemon juice, maida and salt. Mix it well.
3. Cut paneer in cubes.
4. Shape the cutlet batter into desired shape. Make a hole and fill in paneer cube and reshape the cutlet.
5. Take corn flour and add water to make a thick slurry.
6. Heat non-stick pan or use air fryer. Dip the cutlet in corn flour slurry and place it in pan and air fryer.
7. Fry till golden brown from both sides.
8. Serve it hot with chutney of your choice.

NUTRITIVE VALUE

(Per serving)

Energy	290 Kcal
Protein	11 g
Fat	6 g
Carbohydrate	45 g



VEGETABLE UPMA

By: Jasleen Vig



Preparation Time
- 10 mins



Cook Time
- 20 mins



Serving Size
- 2

Ingredients

Suji/semolina- 200g or 1 katori
Onion- 1 small
Ginger paste- 1 tsp
Green chilli- 1
Carrot- 200g
Peanuts- 1 Tbsp
Curry Leaves- 2 sprig
Mustard seeds- 1 tsp
Urad dal- 1 tsp
Salt to taste
Water- 2-3 times suji quantity

Instructions

1. Take a non stick karahi and roast suji to a golden brown colour. Remove it into a bowl.
2. Roast groundnuts and remove it in a bowl.
3. Now heat the karahi at high flame and add mustard seeds and urad dal. Let it splutter.
4. Add ginger paste and chopped onions. Cook for 2-3 min and then add chopped green chilli and carrot. Cook till it is soft.
5. Add water, salt and chopped curry leaves. Bring the mixture to boil and add roasted suji.
6. Add roasted peanuts and cook till the dish is dry.
7. Serve hot and garnish with dash of lemon juice.

NUTRITIVE VALUE

(Per serving)

Energy	170 Kcal
Protein	10 g
Fat	7 g
Carbohydrate	40 g



VEGETABLE UTHAPPAM

By: Poonam Khurana



Preparation Time
- 10 mins



Cook Time
- 15 mins



Serving Size
- 4

Ingredients

For batter

Idli rice 1 cup

Urad dal 1/4 cup

Methre / fenugreek seeds ½ tsp

Water (for soaking & grinding)

Salt to taste

For topping

Onion- 1

Tomato- 1

Carrot- 1

Mustard seeds- 1 tsp

Instructions

1. In a large bowl take rice, urad dal and methi seeds.
2. Soak for 5 hours adding water as required.
3. Drain off the water and transfer to the mixer or grinder.
4. Blend to smooth paste in batches adding water as required.
5. Heat a non-stick pan add mustard seeds. Once it splutters add chopped onions, tomato and some water. Cook covered until slightly soft. Add grated carrot. Cook for 2-3 min and take it out in a bowl.
6. Heat the non stick pan on high flame.
7. Sprinkle some water and once it splutters add the two spoons of batter. Spread it evenly.
8. Low the flame and add the vegetable toppings evenly.
9. Cook on both the sides until golden brown.
10. Serve hot with coconut chutney.

NUTRITIVE VALUE

(Per serving)

Energy	200 Kcal
Protein	10 g
Fat	7 g
Carbohydrate	45 g



FISH FINGERS

By: Himanshi Mahajan



Preparation Time
- 10 mins



Cook Time
- 10 mins



Serving Size
- 1

Ingredients

Fish Fillet- 80 g
Ginger paste- 1 tsp
Garlic paste- 1 Tbsp
Lemon Juice- 1 tsp
Egg- 1
Cornflour- 1 Tbsp
Refined flour- 2 tsp
Chilli flakes- 1 tsp
Salt to taste

Instructions

1. Wash fish and marinate it with ginger-garlic paste, lemon juice, chilli flakes and salt. Keep aside for 10 min.
2. Make a coating with egg, cornflour and refined flour. Make a thick batter just enough to coat the fish.
3. Coat the fish in batter.
4. Heat a nonstick pan or use an air fryer. Add the coated fish and cook till golden brown on both sides.
5. Serve hot with green mint chutney.

NUTRITIVE VALUE

(Per serving)

Energy	185 Kcal
Protein	12 g
Fat	8 g
Carbohydrate	14 g



CHICKEN RESHMI TIKKA

By: Saloni Shangari



Preparation Time
- 30 mins



Cook Time
- 30 mins



Serving Size
- 2

Ingredients

Chicken – 300 g (boneless)
Ginger paste- 1 Tbsp
Garlic paste- 1 Tbsp
Lemon Juice- 1 tsp
Black pepper- 1 ½ tsp
Curd- ½ cup
Cornflour- 1 Tbsp
Sugar- 1 tsp
Bay leaves- 2
Cinnamon stick- 1 inch
Salt to taste

Instructions

1. Wash the chicken and make slits. Add ginger-garlic paste, salt, lemon juice, curd and black pepper. Marinate for 30 min.
2. Heat a non stick pan add bay leaves and cinnamon stick. Now add chicken and cook for 2 min on high flame on both the sides.
3. Cover the pan and cook for 15-20 min until done.
4. Add lemon juice and black pepper.
5. Make slurry of cornflour and water. Pour it over chicken. Cook for 3-4 min.
6. Serve hot with onions and chutney.

NUTRITIVE VALUE

(Per serving)

Energy	378 Kcal
Protein	15 g
Fat	13 g
Carbohydrate	47 g



Nothing

Oily Mains



RAJMA HEALTHY AND TASTY

By: Jyotsana Singh



Preparation Time
- 20 mins



Cook Time
- 30 mins



Serving Size
- 4

Ingredients

Rajma – 1 cup
Besan – 1½ Tbsp
Tomato – 4-5
Onion 3-4
Garlic Cloves – 4
Green Chillies – ¾
Coriander Powder – 1 Tbsp
Amchur Powder – 1 Tbsp
Garam Masala – 1 Tbsp
Rajma Masala Powder – 1 Tbsp
Red Chilly Powder – 1 tsp
Kasuri Methi - 1 Tbsp
Coriander leaves for garnishing
Salt- As per taste

Instructions

1. Soak rajma overnight or for 6 hours.
2. In a jar add tomatoes and onion and make a fine paste.
3. In a pressure cooker, add soaked rajma, ground paste and salt, mix well. Add 1 cup water. Cook for 4-5 whistles on medium flame.
4. In a mixing bowl, add roasted besan, coriander powder, amchur powder, garam masala powder, rajma masala powder, chilli powder, kasuri methi and mix well.
5. Add the spice mixture in it and boil for 10 minutes.
6. Oil free rajma is ready. Garnish it with coriander leaves

NUTRITIVE VALUE

(Per serving)

Energy	115 Kcal
Protein	6.9 g
Fat	1.3 g
Carbohydrate	18 g



DAL PITHI

By: Shirijanjali



Preparation Time
- 20 mins



Cook Time
- 25 mins



Serving Size
- 6

Ingredients

Lentil Dal – 100 g
Green gram Dal – 100 g
Pigeon pea dal – 100 g
Fresh Red Tomatoes – 4-5
Fresh coriander leaves – 100 g
Turmeric powder – ½ tsp
Red chili powder – 1 tsp
Salt-To taste
Wheat flour – 350 g

Instructions

1. First take 100 grams of lentil dal, green gram dal, pigeon pea dal each and wash thoroughly.
2. Mix all the dal and put them into the cooker, pour water about 1-2 inches above the dal.
3. Now chop some tomatoes, fresh coriander leaves and add it to the mixed dal and water mixture.
4. After that add some spices like turmeric powder, chili powder, salt, cumin powder. one can also add onion powder for better taste.
5. Now close the lid of the cooker and let the mixture cook on medium flame, wait for 3-4 whistle and the dal will be ready.
6. After that take 350 grams of wheat flour and prepare a dough by simply mixing the flour with water just as we prepare for chapatis.
7. Now its time to give the dough a desired shape for that make small balls of dough just like it is prepared for dumplings and give them shapes as one's choice.
8. One can steam them or simply place them into the prepared dal mix and cook for 2-3 minutes.
9. Dal pithi is ready and tastes better if served hot.

NUTRITIVE VALUE

(Per serving)

Energy	410 Kcal
Protein	25 g
Fat	2.5 g
Carbohydrate	110 g



PINDI CHANNA

By: Chetan Rao



Preparation Time
- 15 mins



Cook Time
- 20 mins



Serving Size
- 4

Ingredients

White channa – 1 ½ cups, soaked overnight
Dried amla – 3-4 pieces
Water – 3 cups
Spice powder
Tej patta – 1
Ree Chilli – 1 tsp
Coriander seeds – 1 tsp
Laung – 2-3
Cinnamon – ½
Cardamom – 1
Black Pepper – 1 tsp
Jeera – 1 tsp
Saunf – 1 tsp
Anar dana – 1 tsp
For tadka
Ginger garlic paste – 1 Tbsp
Onion – 1, chopped
Tomatoes – 1 cup, chopped
Green chilli - 1
Garam masala – 1 tsp
Amchur – ½ tso
Coriander – 2 Tbsp

Instructions

1. Add soaked channa and amla in a pressure cooker and cook for 8-10 whistles.
2. Dry roast the spice powder in a kadhai lightly, let it cool and then grind in a mixer.
3. In a pan sauté the onion and ginger garlic paste till it turns brown, then add the tomato and Turmeric powder and cook for 3-4 minutes till tender. Let it cool, and then grind to make a thick tomato paste. Lastly, add the garam masala.
4. In a heavy bottom pan add the spice powder made above, boiled channa and tomato paste. Boil for 10-12 minutes, till thick and blended. Add the amchur, salt to taste and coriander leaves to garnish.
5. Your dish is ready to serve

NUTRITIVE VALUE

(Per serving)

Energy	150 Kcal
Protein	8 g
Fat	2 g
Carbohydrate	25 g



KHATTI DAL WITH VEGGIES

By: Inoshi Sharma



Preparation Time
- 10 mins



Cook Time
- 20 mins



Serving Size
- 4

Ingredients

Toor dal – 1 cup, soaked for ½ hours
Vegetables- 2 cups (lauki, cauliflower, beans, carrot, beetroot, pumpkins etc.)
Tomato - 2
Spring Onion – 1 cup, chopped
Ginger chopped – 1 Tbsp
Garlic – 3-4, chopped
Peanuts – 1 Tbsp, chopped
Curry leaves – 1 sprig
Saunf – 1 tsp
Jeera – 1 tsp
Dhania powder – 1 tsp
Hing – A pinch, soaked in 2 Tbsp of water
Tamarind – ¼ cup, soaked
Chopped coriander – 2 Tbsp
Rai – 1 tsp
Green chilies – 1-2, chopped
Turmeric powder – ½ tsp
Gur – ½ tsp

Instructions

1. Boil the vegetables onion and garlic and ginger and tomato with 1-2 cup water till tender.
2. In a cooker, add the hing water, Turmeric powder and dal with 2 cup water and give 1-2 whistles.
3. In a non-stick kadhai, dry roast the rai, once it splutters, add the saunf, jeera, peanuts and curry leaves. Then add the dhania powder and Turmeric powder. After 1-2 minutes, add the tamarind water and gur and give it a boil.
4. Add the boiled vegetables and dal and cook for 3-4 minutes, garnish with coriander. Add salt to taste.

NUTRITIVE VALUE

(Per serving)

Energy	135Kcal
Protein	8 g
Fat	2 g
Carbohydrate	34 g



KALI DHAL

By: *Tanush Rao*



Preparation Time
- 5 mins



Cook Time
- 25 mins



Serving Size
- 4

Ingredients

Kali Dal – 100g
Milk – ¼ cup
Jeera – 1 tsp
Garam Masala -1 tsp
Turmeric – 1 tsp
Salt – As per taste
Onion – 1 Tbsp , grated
Ginger – 1 tsp
Garlic – 1 tsp
Water – 3 cups

Instructions

1. Put all ingredients except salt and milk in a cooker and give 7-8 whistles. Switch off gas and let the steam settle.
2. Now add the milk and salt and some more water if it is too thick.
3. Give 3-4 more whistles.
4. Serve hot with roti.

NUTRITIVE VALUE

(Per serving)

Energy	90 Kcal
Protein	7 g
Fat	0.7 g
Carbohydrate	12 g



OIL FREE TADKA DAL

By: Reshma Chauhan



Preparation Time
- 5 mins



Cook Time
- 25 mins



Serving Size
- 4

Ingredients

Urad and Chana dal – 1 cup
Water – 2 ½ cups
Tomatoes – ½ cup , chopped
Jeera – 1 tsp
Coriander powder – 1 tsp
Red chilly powder – 1 tsp
Black Pepper – ½ tsp
Turmeric powder – 1 tsp
Chilly – 1-2
Salt – 1 tsp
Garlic – 6 cloves
Ginger - 1
Kasoori Methi – ½ tsp
Mustard seeds – ½ tsp
Hing – a pinch
Red chillies – 2
Bay Leaf – 1
Curry Leaves -8
Cumin seeds – 1 tsp
Mustard seeds ½ tsp

Instructions

1. Wash and drain Urad and channa dal. Add to a deep pan with water and salt. Bring to a boil on medium heat, then cook on medium-low heat for 12-15 minutes. Keep them on a low simmer.
2. Heat a pan over medium heat, when is hot, add mustard seeds and cook for a few seconds. Add cumin seeds and mix. Cook until the cumin seeds slightly change color and get fragrant. The mustard seeds will change color but might not pop. Add red chillies, bay leaf and cook until the bay leaf starts to change color. Add hing and curry leaves and mix.
3. Add onion, garlic, ginger and a pinch of salt. Mix and cook for 6 to 8 minutes or until golden brown. Add a splash of water if the onions begin to stick or brown too quickly.
4. Add turmeric, coriander, garam masala and kasoori methi. Mix and cook for half a minute. Add a splash of water if sticking. Pour this into the cooked dal
5. Add coriander mix well and take off heat.

NUTRITIVE VALUE

(Per serving)

Energy	100 Kcal
Protein	6 g
Fat	1.4 g
Carbohydrate	15 g



KADHI PAKODHI

By: Tanush Rao



Preparation Time
- 20 mins



Cook Time
- 70 mins



Serving Size
- 4

Ingredients

Curd 2 cups
Besan 2 Tbsp
Curry leaves ½ cup
Jeera 1 tsp
Methi ½ tsp
Coriander powder 1 Tbsp
Pinch of heeng (about ¼ tsp)
soaked in warm water for 30 min
Rai 1 tsp
Onion chopped finely 1 small
Garlic 1 crushed
Ginger paste 1 tsp
Turmeric powder 1 Tbsp
Red chilli flakes 1 Tbsp
Kala namak 1 Tbsp

Ingredients for Pakodi

Besan 1 cup
Greens chopped finely like
bathua, chulai, palak etc 2 cup
Ajwain 1 Tbsp
Black salt 1 Tbsp
Bhuna jeera 1 Tbsp
Green chilli (optional) 1 Tbsp

Instructions

1. Mix Turmeric powder, garam masala, black salt, red chilli powder, besan with the curd and 1 cup of water in mixer till smooth.
2. In a separate vessel boil the curry leaves in 1 cup water for about 3-4 min and keep aside.
3. In a heavy bottom pan, dry roast the onion, rai and methi seeds. Once the rai splutters and onion is brown, add jeera, then garlic and coriander powder. Keep moving the ingredients so that they don't burn and give out a nice aroma.
4. Pour the curd mixture into the Kadhai, stirring constantly till it starts boiling. Reduce the flame and add the curry leaves water. The remaining curry, leaves can be added for extra flavor.
5. Let it cook for about an hour till the raw taste of besan goes. If you feel it is thickening too much, add warm water and keep cooking.
6. In the meantime, take a non-stick pan on the gas. In a bowl add all the pakodi ingredients with about ¼ cup of water to make thick dough.
7. Place spoonfuls of this mixture on the non-stick pan and cook on both sides till brown. Once the kadhi is done add the pakodi and let it soak for 15 minutes before serving.

NUTRITIVE VALUE

(Per serving)

Energy	100 Kcal
Protein	6 g
Fat	1.4 g
Carbohydrate	15 g



DAL-BAATI CHURMA

By: Priya S Mishra



Preparation Time
- 30 mins



Cook Time
- 50 mins



Serving Size
- 2

Ingredients

For Dal

Toor Dal - 50 g
Moong Dal- 50 g
Chana Dal- 1 Tbsp
Masoor Dal – 1 Tbsp
Water – 3 cups
Ginger and garlic paste – 1 tsp
Onion, Tomatoes- 1, chopped
Jeera, Coriander powder – 1 tsp
Red chilly powder – 1 tsp
Black Pepper – ½ tsp
Turmeric powder – 1 tsp
Garam Masala – ½ tsp
Green Chilly – 2
Salt- As per taste

For Baati:

Wheat Flour – 280 g
Baking Soda – ¼ tsp
Ajwain – ¼ tsp

For Churma:

Baati – 2
Sugar – 2 Tbsp , powdered
Cardamom Powder – ¼ tsp

Instructions

For Baati:

1. Take a large bowl add wheat flour, salt, baking soda, red chili powder and Ajwain.
2. Now, add water as required to knead the dough.
3. After making a dough take small ball sized dough and roll. Do this for all the dough. Boil water in another pot, add all the balls and boil it for 15-20mins.
5. Then place round metal rack in gas and low the flame, put the baati in the rack.
6. With the help of tongs, keep turning the baati after 2-3 mins on the flame.

For Churma:

1. Take 3 cooked baati and make small pieces add into mixer.
2. Make powder of baati.
3. Now, add powdered sugar and cardamom powder mix it well. Churma is ready.

For Dal:

1. Take all Dal in pressure cooker and add 3 cup water, pressure cook for 4 whistles.
2. Now, take a pan heat little water or vegetable broth in it add mustard cumin and mustard.
4. Then, add finely chopped ginger and garlic after that add finely chopped onion. Sauté well. Add finely chopped tomato cook it until it soft. Then add turmeric, red chili powder and garam masala. Cook in low flame for 2mins.
5. Add cooked Dal in it and mix. Add salt to taste.
6. Cook for 15mins the add coriander leaves, mix it well.
7. 'Dal Baati Churma' is ready. Serve along with the onion and lemon. Enjoy...!!!

NUTRITIVE VALUE

(Per serving)

Energy	420 Kcal
Protein	15 g
Fat	8 g
Carbohydrate	71 g



KAJU METHU MUTHIA GRAVY

By: Vaishali V. Kailaje



Preparation Time
- 10 mins



Cook Time
- 45 mins



Serving Size
- 4

Ingredients

For methi muthia:

Methi leaves – 250 g
Coriander leaves – 150 g
Coriander-cumin powder – 1 tsp.
Turmeric – 1 tsp.
Red chilli powder – 1 tsp.
Hing - a pinch
Sugar – 2 tsp.
Salt - as per taste
Sesame seed – 1 tbsp.
Carom seeds - ½ tsp.
Curd – 1 tsp.
Besan – 4 tbsp.
Rice flour – 2 tbsp.
Wheat flour (coarse) – 1 tbsp.
Mix millet flour (optional) – 1 tbsp.
Ginger (grated) - ½ inch
Garlic (grated) - 3-4 cloves
Small cashew pieces – 1 tbsp.

For base gravy:

Tomato puree - 1 cup
Onion (medium) - 1
Cashew paste – 2 tbsp.
Curd/Buttermilk - 1 small cup.
Coriander powder – 1 tsp.
Chilli powder – 1 tsp.
Cumin powder - ½ tsp.
Garam masala - ½ tsp.
Ginger (crushed) - 1 inch
Garlic (crushed) - 8-10 cloves
Cumin - 1 tsp.
Turmeric – 1 tsp.
Salt as per taste
Carom seed - 1 tsp.
Sesame seed - 1 tsp.
Half broken Cashew - 10-12

Instructions

Preparation of methi muthia

1. Mix all the ingredients for muthia and make a soft dough.
2. Divide the dough into small marble sized balls and steam in pressure cooker for 20 minutes.

Preparation of base gravy

1. Dry roast carom seeds, sesame seeds and cumin seeds till aroma is released.
2. Add tomato puree, ginger, chilli and a pinch of hing and sauté the mixture for 5-6 minutes.
3. Make a dry chutney of garlic, cumin seeds and coriander-cumin powder into a mortar- pestle.
4. Add this chutney to the tomato puree and sauté for 6-8 minutes.
5. Also, add few finely chopped coriander and methi leaves.
6. Add buttermilk along with chopped coriander leaves.
7. Add turmeric, chilli powder, cumin powder, garam masala and cook for 8-10 minutes.
8. Add cashew paste and half broken cashew, bring to a boil.
9. Add salt and sugar as per taste.
10. Finally add the steamed methi muthia into the gravy and boil for 4-5 minutes.
11. Serve it hot with some roti, chapati or paratha

NUTRITIVE VALUE

(Per serving)

Energy	280 Kcal
Protein	14 g
Fat	12 g
Carbohydrate	33 g



KHATTA MEETHA KADOO

By: Inoshi sharma



Preparation Time
- 10 mins



Cook Time
- 15 mins



Serving Size
- 3

Ingredients

Green/yellow pumpkin – 250 g
Ginger and garlic paste – 1 tsp
Rai – 1 tsp
Spring curry patta - 1
Channa bhuna - 1 tsp
Kaju – 5-6 , chopped
Jeera – 1 tsp
Dhania powder – 1 tsp
Methi – ½ tsp
Green chilli – 1-2
Sambhar powder – 1 tsp
Lemon tamarind soaked in water
for 30 minutes
Gur – 1 tsp
Coriander – 1 tsp. chopped
1 tsp Turmeric powder
Pinch of hing soaked in 2 tbsp
water

Instructions

1. Boil the pumpkin and ginger garlic paste with hing water and Turmeric powder for 2-3 whistles.
2. In a non-stick kadhai, add the rai seeds and let it splutter.
3. Add the bhuna channa and kaju and curry leaves.
4. Now add all the dry ingredients except tamarind and gur. Dry roast for about 2-3 minutes. Remove the seeds from the tamarind and sieve it to get a clear water.
5. Add this with gur to the kadhai and give a boil. Now add the boiled pumpkins. Cook for 1-2 minutes. Add salt to taste and garnish with coriander leaves.

NUTRITIVE VALUE

(Per serving)

Energy	65 Kcal
Protein	3 g
Fat	2.5 g
Carbohydrate	7 g



TARIWALI LAUKI

By: Chetan Rao



Preparation Time
- 15 mins



Cook Time
- 20 mins



Serving Size
- 3

Ingredients

Bottle gourd – 2 cups
Onion- 1 cup
Tomatoes – 1 cup
Ginger Garlic paste – 1 Tbsp
Jeera – 1 Tbsp
Coriander powder – 1 tsp
Red chilly powder – 1 tsp
Black Pepper – ½ tsp
Laung – 2-3
Water – ½ cup
Turmeric powder – 1 Tbsp
Chilly – 1-2
Coriander – 1 Tbsp, chopped
Salt to taste

Instructions

1. In a cooker, sauté the chopped onion, ginger garlic paste and let it turn brown
2. Add all the masalas and sauté for 1-2 minutes. Now add the tomatoes and lauki with ½ cup water and green chilies.
3. Give it 3-4 whistles, garnish with coriander and add salt.
4. Serve hot with roti.

NUTRITIVE VALUE

(Per serving)

Energy	45 Kcal
Protein	2 g
Fat	0.6 g
Carbohydrate	7 g



ZUCCHINI SPROUT KI SABZI

By: Renuka Sharma



Preparation Time
- 5 mins



Cook Time
- 10 mins



Serving Size
- 2

Ingredients

Zucchini- 1 cup, sliced
Green moong sprouts - 1 cup
Spring Onion – ½ cup
Garlic – 1 tsp , chopped
Ginger paste – 1 Tbsp
Coriander powder – 1 tsp
Lemon Juice – 1 tsp

Instructions

1. In a non stick pan all the dry masalas and dry roast for 1-2 minutes till aromatic.
2. Add the zucchini and sprouts and let it cook for 5-6 minutes till the sprouts are tender. Do not overcook as the zucchini will wilt and leave its own water.
3. Remove from gas and add the lemon juice, coriander leaves and salt to taste.
4. Your dish is ready to serve

NUTRITIVE VALUE

(Per serving)

Energy	175 Kcal
Protein	12 g
Fat	0.75 g
Carbohydrate	26 g



CARROT KI SABZI

By: O P S Rao



Preparation Time
- 15 mins



Cook Time
- 10 mins



Serving Size
- 3

Ingredients

Carrots – 1 cup
Peanuts – 1 Tbsp
Cinnamon – 1 tsp
Onion- 1 cup , chopped
Tomatoes – 1 cup , chopped
Jeera – 1 tsp
Coriander powder – 1 tsp
Red chilly powder – 1 tsp
Black Pepper – ½ tsp
Turmeric powder – 1 tsp
Chilly – 1-2
Moti Elaichi – ½
Chhoti Elaichi – 1
Laung – 2-3
Star Anise – ½
Coriander – 1 Tbsp

Instructions

1. In a non-stick pan, dry roast the onion till brown.
2. Then add the ginger paste and all the masalas except salt. Dry roast for 1-2 minutes.
3. Now add the carrots and peanuts and Turmeric powder cook for 6-7 minutes you may sprinkle a little water if the carrot is too dry.
4. Add salt to taste and serve by topping with coriander leaves.

NUTRITIVE VALUE

(Per serving)

Energy	47 Kcal
Protein	1.5 g
Fat	2.8 g
Carbohydrate	4 g



ALOO MATAR

By: Satmi Kumari



Preparation Time
- 5 mins



Cook Time
- 12 mins



Serving Size
- 3

Ingredients

Bottle gourd – 2 cups
Onion- 1 , chopped
Tomatoes – 3
Potato – 1 small , chopped
Peas – 1 ½ cup
Garlic – 1
Tej patta - 1
Moti elaichi – ½
Choti elaichi – ½
Jeera – 1 tsp
Coriander powder – 1 tsp
Garam Masala– 1 tsp
Water – 2 cup
Turmeric powder – 1 tsp
Chilly – 1-2
Coriander – 1 Tbsp, chopped
Salt to taste

Instructions

1. In a non-stick pan, dry roast the onion till brown, add the tomato ginger and garlic and saute for 5-6 minutes.
2. Once soft, turn off gas and let it cool completely. Now grind this mixture into a fine paste.
3. In a cooker add all the remaining ingredients and saute for 2-3 minutes.
4. Add the peas, potato and tomato paste with 2 cups on water and give whistle -3-4.
5. Before serving add salt to taste and garnish with fresh coriander.

NUTRITIVE VALUE

(Per serving)

Energy	70 Kcal
Protein	4 g
Fat	0.08 g
Carbohydrate	12 g



COCONUT BEANS

By: Tarun sharma



Preparation Time
- 12 mins



Cook Time
- 15 mins



Serving Size
- 3

Ingredients

Beans 1 ½ cup
Coconut 1 cup
Rai – 1 tsp
Jeera – 1 tsp
Coriander powder – 1 tsp
Red chilly powder – 1 tsp
Black Pepper – ½ tsp
Turmeric powder – 1 tsp
Channa – 1 tsp, roasted
Chaat masala – 1 tsp

Instructions

1. In a non-stick kadhai add the rai and let it splutter. Add the jeera, curry leaves and bhuna channa, dhania powder and garam masala.
2. Add the beans and Turmeric powder and sauté for 3-4 minutes on low flame. Sprinkle a little water so that the beans look and become tender. (Keep the beans covered with lid while cooking).
3. In the end add the grated coconut and coriander leaves. After 2-3 minutes, turn off gas and add salt to taste.

NUTRITIVE VALUE

(Per serving)

Energy	167 Kcal
Protein	3.3 g
Fat	15 g
Carbohydrate	7 g



BABY CORN PALAK (SPINACH) CURRY

By: Sonika Hemant Verma



Preparation Time
- 10 mins



Cook Time
- 10 mins



Serving Size
- 1

Ingredients

Onion – 2
Tomatoes – 1 cup , chopped
Ginger – 1
Garlic – 1-2 cloves
Spinach – ¾ cup, blanched
Black Pepper – ½ tsp
Turmeric powder – 1 tsp
Green Chilly – 1
Curd – 2 Tbsp
Milk – 2 Tbsp, low fat
Baby corn – 7-8
Mango Powder – 1 tsp
Fenugreek leaves – 1 ½ tsp
Salt to taste

Instructions

1. For making the spinach puree for the baby corn palak curry, take a bunch of spinach, untie it and wash the leaves thoroughly under running water.
2. In a large vessel, bring water to a vigorous boil and then add 3-4 cups of spinach leaves and then simmer for 3-4 minutes (To get ¾ cup of blanched spinach, we need to boil 3-4 cups of spinach leaves)
3. After 3-4 mins, squeeze out the excess water using a strainer. Ensure to boil the leaves properly else they will taste bitter
4. Transfer the leaves immediately to cold water. This process is called refreshing and it helps to retain the green color of the leaves.
5. Keep the blanched spinach leaves aside.
6. Heat a non-stick Kadhai/Pan on a medium flame and when hot, add the onions, ginger and green chillies. This being a zero oil recipe, we are directly roasting everything without the usage of fat.
7. Dry roast for 2-3 mins while stirring continuously or till the raw smell goes away.
8. Add the spinach, curd, milk and 1/2 cup water and blend in a mixer to a smooth paste.
9. Pour the mixture back into the kadhai, add the baby corn, turmeric powder, dry mango powder, garam masala, dried fenugreek leaves, salt and 1.2 cup of water and bring to boil.
10. Simmer the Baby Corn Palak for 4-5 minutes and serve hot.

NUTRITIVE VALUE

(Per serving)

Energy	195 Kcal
Protein	10.4 g
Fat	6.74 g
Carbohydrate	25.18 g



COCO NUT YAM CURRY -E- PA-RUN-THA

By: Dheeraj Pradhan



Preparation Time
- 35 mins



Cook Time
- 10 mins



Serving Size
- 2

Ingredients

A) For Curry Preparation:

Sweet Potato – 2 medium
Peanuts – 100g
Garlic Cloves – 2
Green Chilly – 2
Ginger – ½ inch ginger
Salt – As per taste
Coriander leaves – 2 tsp, chopped
Coconut Milk – 200ml
Bay leaf - 1
Black pepper powder – 1 tsp
Lemon Juice – 2-3 drops

B) For Parantha Preparation:

Besan – 50g
Wheat flour – 50g
Carrom Seeds -4
Salt - As per taste
Coriander leaves – 1 tsp
Green chilli – 1

Instructions

A) Curry Preparation

- 1) Take a non-stick pan and add water. Heat it on a medium flame.
- 2) Add 1 thin sliced green chilli and a bay leaf. Pour coconut milk into it slowly and keep on stirring clockwise until it gets mixed properly. Add finely chopped green coriander leaves
- 3) Turn off the flame.
- 4) Now take a grinder jar and add roasted peanuts, 1 green chilli, garlic, ginger, salt. Grind this mixture to make a powder.
- 5) Now slowly add this grounded mixture to the pan and keep on stirring until it mixes well. Turn on the flame to medium.
- 6) Now add a medium-cut of sweet potato to it. Make sure the curry is not too thick, add little water if required. Cook for another 2-3 minutes and put the lid on the pan. Turn off the flame.
- 7) Garnish it with julienne ginger, green chilli and green coriander.
- 8) Pour a few drops of lemon juice on the top and Serve.

B) Parantha Preparation

- 1) Put besan, wheat flour, salt, green chilli, finely chopped green coriander leaves and add carrom seeds (put carrom seeds while crushing on palm) and mix all the ingredients.
- 2) Now slowly add water to make a slightly thick batter of the mixture and keep on mixing it with a whisker or spoon until it mixes well.
- 3) Take a non-stick pan or tawa and heat it on the low flame
- 3) Now slowly pour the batter starting from the centre of the pan and spreading's the batter with round and round in circles with a very light hand (can use wooden spatula or spoon for it).
- 4) Turn the sides once its colour starts to change into little golden brown and cook well from both sides and Serve.

NUTRITIVE VALUE

(Per serving)

Energy	105 Kcal
Protein	6.8 g
Fat	2g
Carbohydrate	15.7 g



METHI MATAR MAKHANA SABZI

By: Reshma kazi



Preparation Time
- 20 mins



Cook Time
- 10 mins



Serving Size
- 2

Ingredients

Makhana – 50 g
Green peas- 40 grams.
Methi leaves- 20 grams.
Peanuts 20 grams.
Big tomato- 75 g
Big onion-75 g
Cashew+ almond- 20 grams.
Jeera, kalonji, sesame seeds, Turmeric powder, garam masala, ginger garlic paste, dhaniya powder (1 tsp each).
Chilly,
garlic pods,
salt as per taste.

Instructions

1. First make the nut paste.
2. Grind the roasted peanuts and make fine paste.
3. Similarly grind the soaked almonds and cashews and make paste.
4. Then in a pan add all the spices like jeera, kalonji, sesame seeds, Turmeric powder, garam masala, ginger garlic paste, dhaniya powder, ¼ chilly, chopped garlic pods.
5. To this add the peanut paste and also add almond cashew paste. Add water 1/2 cup.
6. Now add chopped methi.
7. Then add roasted makhana . Also add tomato and onion paste. Cook this for minute .
8. Then add boiled green peas.
9. Add ½ cup water, Cover lid and cook for 5-6 minutes.
10. Serve hot.

NUTRITIVE VALUE

(Per serving)

Energy	80 Kcal
Protein	6 g
Fat	6 g
Carbohydrate	18 g



CAULIFLOWER CURRY

By: Pooja



Preparation Time
- 15 mins



Cook Time
- 10 mins



Serving Size
- 6

Ingredients

Onions – 2
Garlic – 4 cloves , minced
Ginger – 1 tsp
2 tsp dried chilly flakes
Water – 1 cup
Cauliflower – 1 medium head
Star anise – 2
Garam masala – 2 Tbsp
Cumin – 2 Tbsp
Coriander – 2 Tbsp
Chickpeas – 400g

Instructions

1. Add the onions to a medium soup pot and over medium heat saute the onions for about 5 minutes until they begin to soften
2. Add the garlic ginger and red chilly flakes and continue cooking for another minute add 1 cup water and stir into deglaze the pan lower the heat to simmer
3. Add the cauliflower and cover the pot and allow the cauliflower to stem over low heat for 8-10 minutes
4. Add the spices (anise, garam masala, coriander, and cumin) tomatoes and chickpeas . Mix well.
5. Cover the pot and continue cooking for another 15-20 mins until the tomatoes break down and the cauliflower is tender taste and add salt and pepper if desire garnish with fresh coriander leaves chopped and serve with rice.

NUTRITIVE VALUE

(Per serving)

Energy	225 Kcal
Protein	17 g
Fat	4 g
Carbohydrate	35 g



MASALA TINDA

By: Anita Devi



Preparation Time
- 30 mins



Cook Time
- 15 mins



Serving Size
- 2

Ingredients

Tinda – 500g
Onion- 1, chopped
Tomatoes – 1 cup, chopped
Capsicum - 3
Ginger and Garlic paste– 1 tsp
Green Chillies - 5
Jeera – 1 tsp
Coriander powder – 1 tsp
Red chilly powder – 1 tsp
Black Pepper – ½ tsp
Turmeric powder – 1 tsp
Cumin – 1 tsp
Salt as per taste requirement

Instructions

1. Add the tomatoes, ginger garlic paste coriander powder cumin seeds powder turmeric powder chilli powder salt and ¼ cup of water mix well and cook on a medium flame for 4 mins
2. Stir continuously, add the tinda and 1 ½ cup of water and mix well and cover with a lid and cook on a slow flame for 12 mins while stirring occasionally.
3. Serve with roti.

NUTRITIVE VALUE

(Per serving)

Energy	75 Kcal
Protein	4 g
Fat	1.5 g
Carbohydrate	16 g



TORI POSTO

By: Saloni Shangari



Preparation Time
- 15 mins



Cook Time
- 20 mins



Serving Size
- 2

Ingredients

Ridge gourd- 500g
Potato- 50g
Onion- 50
Garlic powder- 1 tsp
Ginger powder- 1 tsp
Green chilli- 1
Jeera- 1 tsp
Salt- to taste
Curry leaves- 2 sprig
Khas Khas/Posto- 1 ½ Tbsp

Instructions

1. In a pan/karahi heat add jeera. Let it splutter
2. Add chopped onion and green chilli. Then add ginger garlic powder.
3. Now add chopped boiled potato and fry till half done.
4. Add sponge gourd cut in a semi circle shape. Add salt and cover the vessel and cook till done.
5. Add the posto paste and little water if required. Cook for 3-4 minutes and then add curry leaves. Serve hot with roti.

For posto paste

In half cup warm water add 1 ½ Tbsp khas khas and keep it aside for 10-15 Min. After 15 min make a fine paste.

NUTRITIVE VALUE

(Per serving)

Energy	120 Kcal
Protein	5 g
Fat	2 g
Carbohydrate	12 g



STUFFED CAPSICUM

By: Renu Lamba



Preparation Time
- 10 mins



Cook Time
- 30 mins



Serving Size
- 2

Ingredients

Capsicum – 2 big
Potato- 50g
Carrot- 30g
Peas- 30g
Onion- 1 small
Paneer- 50g
Tomato puree- 2 Tbsp
Red chilli powder- ¼ tsp
Garam masala- ¼ t
Coriander leaves- a sprig
Salt to taste

Instructions

1. Cut off thin slice of capsicum from the top. Scoop out the seeds and keep the capsicum aside.
2. Boil, peel and dice the potato and carrot into small pieces. Boil the peas.
3. Chop onion and fry them in a non-stick pan. Add little water. Add tomato puree, cooked vegetables, paneer and seasoning. Cook till well mixed and little dry. Add the coriander leaves and remove from fire.
4. Fill the capsicum with the mixture. Replace the caps.
5. Bake in oven (170°C) for about 3-5 minutes.
6. Serve hot with roti.

NUTRITIVE VALUE

(Per serving)

Energy	140 Kcal
Protein	8 g
Fat	2 g
Carbohydrate	22 g



ALOO METHI

By: Poonam Khurana



Preparation Time
- 15 mins



Cook Time
- 20 mins



Serving Size
- 2

Ingredients

Potato- 350 g
Methi leaves- 250 g
Ginger paste- 1 tsp
Garlic paste- 1 tsp
Green chilli- 1
Roasted cumin powder- 1 tsp
Amchur powder- 1 Tbsp
Salt to taste

Instructions

1. Boil the potatoes and let it cool. Peel and cut it in cubes.
2. Clean and wash methi leaves. Chop finely.
3. In a wok add methi leaves and 2 Tbsp water and cook covered for 10 min.
4. Add ginger garlic paste, green chilli and cook for 5 min. Now add boiled potatoes, salt and roasted cumin powder. Cook covered for 5-6 minutes.
5. Switch off the gas and add amchur powder (raw mango powder).
6. Serve hot with roti.

NUTRITIVE VALUE

(Per serving)

Energy	115 Kcal
Protein	7 g
Fat	2.5 g
Carbohydrate	20 g



DAHI AALOO

By: Rhea Vig



Preparation Time
- 10 mins



Cook Time
- 20 mins



Serving Size
- 1

Ingredients

Small potato- 120 g
Onion- 1/2
Ginger paste- 1 tsp
Green chilli- ½
Tomato- 40 g
Coriander powder- 1/2t
Turmeric powder- 1/4 t
Garam masala- ¼ t
Curd- 50g/3 Tbsp
Red chilli powder- ¼ tsp
Roasted Fenugreek powder- 2 tsp
Salt to taste
Water ½ Cup

Instructions

1. Boil the potatoes. Drain and peel.
2. Chop the onion finely, mince the ginger and green chilli very finely and chop the tomato.
3. In a non stick pan dry roast the boiled potatoes. Set aside in a bowl.
4. Now add onions and add 2 tsp water. Cook covered until onion are soft.
5. Add ginger, coriander powder, turmeric powder and garam masala. Cook for 2 min.
6. Now add green chilli, tomato and curd. Stir until the gravy begins to thicken. Then add water, salt and red chilli powder.
7. Simmer until the gravy is thick.
8. Add the fried potatoes and cook for a minute or till done.
9. Serve hot garnished with roasted fenugreek leaves.

NUTRITIVE VALUE

(Per serving)

Energy	95 Kcal
Protein	4 g
Fat	3.5 g
Carbohydrate	22 g



BESAN ARBI

By: Poonam Soni



Preparation Time
- 15 mins



Cook Time
- 15 mins



Serving Size
- 2

Ingredients

Arbi/colocasia- 250 g
Ginger juice- 1 tsp
Lemon Juice- 1 tsp
Black pepper- 1 tsp
Besan/chickpea flour- 2 Tbsp
Coriander powder 1 tsp
Red chilly powder ½ tsp
Mango powder ¼ tsp
Salt to taste

Instructions

1. Boil arbi in pressure cooker for 2-3 whistles on medium flame. Take out, peel and cut it in cubes.
2. In a non stick pan roast besan till golden brown. Add ginger juice, coriander powder, red chilli powder, salt, black pepper. Immediately add arbi.
3. Cook for 2 min and add 2 tsp water. Add pepper and mango powder.
4. Switch off the gas and add lemon juice.
5. Serve hot with roti.

NUTRITIVE VALUE

(Per serving)

Energy	75 Kcal
Protein	3 g
Fat	1.5 g
Carbohydrate	20 g



BHAGARA BAIGAN HYDERABADI STYLE

By: Amna



Preparation Time
- 20 mins



Cook Time
- 45 mins



Serving Size
- 2

Ingredients

For Gravy

Brinjals - 250 g

turmeric powder - 1 tsp

cumin seeds - 1 tsp

Chopped coriander leaves - 1/2
tsp

water - 1.5 cups

Curd - 1/2 cup

Milk - 1/2 cup

Water - 1 cup

For Masala paste

Poppy seeds - 1 tsp

White sesame seeds - 1 tsP

onions - 2 large

ginger garlic paste - 1/2 tsp

coriander leaves - 1 tbsp

peri peri masala - 2 tsp

cumin seeds - 1 tsp

Instructions

1. Take a saucepan , add 1/2 cup of milk and transfer the add poppy seeds, white sesame seeds , onions ,cumin seeds, corianders leaves and saute for 2 mins.
2. Add the spices and saute for another 2 minutes . Let it rest aside.
3. Place this mixture in a blender with some water and make a smooth paste.
4. Take a saucepan add curd and cugin seeds and let it simmer on medium flame.
5. Add the masala paste , 1/2 cup water and 1/2 cup milk. Allow to cook for 10 mins.
6. Cut the brinjals into smalls pieces and soak them in lukewearm water for 5 minutes.
7. place the eggplants in the saucepan and cook for 10 mins.
8. Add the spices , peri peri mix and allow it to cook.
9. Garnish with coriander and serve fresh with raita and your favourite chutney.

NUTRITIVE VALUE

(Per serving)

Energy	250 Kcal
Protein	5 g
Fat	4 g
Carbohydrate	50 g



SHAHI PANEER

By: Thavanesh Rao



Preparation Time
- 10 mins



Cook Time
- 15 mins



Serving Size
- 3

Ingredients

Onion- 1
Tomatoes - 4
Garlic – 3-4
Ginger – 1
Tej patta - 1
Moti elaichi – ½
Choti elaichi – ½
Jeera – 1 tsp
Coriander powder – 1 tsp
Red chilly powder – 1 tsp
Black Pepper – ½ tsp
Laung – 2-3
Water – ½ cup
Turmeric powder – 1 tsp

For Tadka

Almonds and Cashewnut – 10-12
Milk – 2 Tbsp
Paneer – 200g, chopped
Coriander – 1 Tbsp, chopped
Salt to taste
Honey – ½ tsp

Instructions

1. Soak almonds and cashews in milk for 30 mins. Grind to a fine paste.
2. Put all the ingredients for gravy in a cooker and give 3-4 whistles. Let it cool.
3. Remove the tej patta and grind to make a thick paste. Pass this through a sieve so that all khada masala and tomato peel are removed.
4. In a heavy bottom pan add this paste with the kaju almond paste and paneer- cook for 10 minutes on low flame. Before serving, add the salt, honey and coriander.

NUTRITIVE VALUE

(Per serving)

Energy	252 Kcal
Protein	15 g
Fat	12 g
Carbohydrate	18 g



SHIMLA MIRCH KI SABZI PANEER WALI

By: Renuka Sharma



Preparation Time
- 5 mins



Cook Time
- 10 mins



Serving Size
- 4

Ingredients

Green capsicum – 1 cup, chopped
Bottle gourd – 2 cups
Onion- 1 cup, chopped
Tomatoes – 1 cup , chopped
Paneer – ½ cup
Jeera – 1 Tbsp
Coriander powder – 1 tsp
Red chilly powder – 1 tsp
Black Pepper – ½ tsp
Water – ½ cup
Turmeric powder – 1 tsp
Green Chilly – 1-2, chopped
Coriander – 1 Tbsp, chopped
Salt to taste

Instructions

1. In a non-stick pan, dry roast the onion till brown. Add tomato and turmeric powder and saute for 3-4 minutes. Add the capsicum and all the remaining ingredients except salt and cook for 5-6 minutes. Keep stirring occasionally.
- 2 Remove from fire and add the salt to taste. Serve with Roti or bread.

NUTRITIVE VALUE

(Per serving)

Energy	40 Kcal
Protein	2.5 g
Fat	2 g
Carbohydrate	4 g



OIL FREE KADHAI PANEER

By: Deepsikha Chauhan



Preparation Time
- 20 mins



Cook Time
- 30 mins



Serving Size
- 3

Ingredients

Paneer – 250 g
Onion- 3 , chopped
Tomatoes – 4 , chopped
Capsicum - 3
Ginger – 1
Garlic – 4-5
Green Chillies -
Roasted Besan – 1½ Tbsp
Jeera – 1 tsp
Coriander powder – 1 tsp
Red chilly powder – 1 tsp
Black Pepper – ½ tsp
Turmeric powder – 1 tsp
Green Chilly – 6
Cinnamon stick – 1 cm
Big cardamom- 1
Small Cardamom- 2
Paneer Masala- 1 Tbsp
Kasuri Methi for garnishing
Salt as per taste requirement

Instructions

1. Cut onion in four parts and place it in pressure cooker. Add ginger, garlic cloves, green chillies, big cardamom, small cardamom, cinnamon stick and whole tomato. Add 1 cup water and cook until 1 whistle on medium flame.
2. Except tomatoes, grind all boiled ingredients together in fine paste. Separately grind tomato into paste.
3. Cut the capsicum in small pieces.
4. In a Pan, add the ground paste of all ingredients except tomato paste and cook on medium flame. Add salt in order to prevent burning. Now add roasted chickpea flour and cook. Add all powdered spices- coriander, turmeric, jeera, Kasmiri lal mirch and mix properly.
5. Now add Tomato paste, capsicum and paneer masala. Cook for 10 minutes. Now add 1 cup water and cook for 5 more minutes. Finally add paneer in it and cook for 10 minutes on medium flame.
6. Garnish the oil free Khadai paneer with Kasuri methi and serve.

NUTRITIVE VALUE

(Per serving)

Energy	100 Kcal
Protein	6.5 g
Fat	6 g
Carbohydrate	15 g



GARLIC PANEER

By: Himanshi Mahajan



Preparation Time
- 10 mins



Cook Time
- 15 mins



Serving Size
- 2

Ingredients

Paneer- 250 g
Tomato- 4
Garlic paste- 1 Tbsp
Green chilli- 1
Milk- 1/4 cup
Tomato puree- 1 Tbsp
Sugar- 1 Tbsp
Black pepper- 1/2 tsp
Oregano- 1 tsp
Chilli flakes- 1 tsp
Salt to taste

Instructions

1. Roast tomatoes on gas till it gets charred, cool and then peel the skin.
2. Blend the tomatoes, green chilli and garlic paste in a mixer.
3. Heat a wok and add tomato paste. Cook for 5 min then add tomato paste and milk.
4. Cook it for 5-7 minutes until the gravy becomes thick.
5. Now add salt, sugar, black pepper.
6. Add paneer cubes and cook for another 5 minutes.
7. Switch off the gas and add oregano and chilli flakes.
8. Serve hot with roti.

NUTRITIVE VALUE

(Per serving)

Energy	95 Kcal
Protein	10 g
Fat	3 g
Carbohydrate	16 g



KETO CAULIFLOWER RICE WITH PEAS

By: Jasmin K :Shaikh



Preparation Time
- 5 mins



Cook Time
- 7 mins



Serving Size
- 2

Ingredients

Cauliflower- 400 g
Scallions- 2 thinly sliced
Green peas – 130 g, frozen or fresh
Lemon – 1
Green chillies – 2-3
Lemon juice – 1 Tbsp
Salt and pepper, to taste
Coconut – 150 g

Instructions

1. Wash and thoroughly dry cauliflower, then remove the leaves, and chop into large pieces.
2. Place the cauliflower pieces in a food processor and pulse a few times until it has a nice, sandy texture. Work in batches if necessary and don't over process or it will get mushy or If you don't have a food processor, you can grate the cauliflower with a box grater until it has a sandy texture.
3. Optional (but recommended): Press any excess moisture from the rice by transferring the cauliflower rice to a large paper towel and squeeze to remove any remaining water. This ensures no excess moisture remains, which can make your dish soggy.
4. When the skillet or pan gets hot, add the cauliflower rice, scallions and green peas, grated coconut, green chillies , and sauté for 5-7 minutes, stirring often.
5. Season with salt and pepper, add lemon zest and a squeeze of lemon juice. Stir, and enjoy!

NUTRITIVE VALUE

(Per serving)

Energy	430 Kcal
Protein	12.5 g
Fat	32 g
Carbohydrate	25 g



ZERO OIL SHAHI KOFTA

By: Zulfa anis Kazi



Preparation Time
- 25 mins



Cook Time
-15 mins



Serving Size
- 2

Ingredients

FOR KOFTA -

Soya chunks - 20 g

Besan flour -20 g

Curd- 10 grams

Ginger garlic paste- 1 Tbsp

Cauliflower minced- 1 small bowl

Cabbage minced- 1/4 bowl

Capsicum- 1/4 bowl.

Green chilly-1/4.

FOR GRAVY-

Peanut- 20 g

Cashew+ almond -20 g

Tomato- 2 big tomatoes

Onion- 1 big onion

Capsicum- 1 bowl

Garlic-3 pods

Spices – 1 tsp each (Jeera,

Turmeric powder, black pepper,

kalonji, sesame seeds, ginger

garlic paste, garam masala,

dhaniya powder)

Salt as per taste.

Instructions

FOR KOFTAS -

1. Boil the soya chunks and squeeze them, remove the water.
2. Grind them in mixer.
3. Take that grinded minced soya chunks in a bowl and add besan flour, curd , Ginger garlic paste, minced cauliflower, cabbage, finely chopped capsicum and green chilly.
4. Mix everything well.Add spices of your choice.
5. And make five balls, keep these balls aside.
6. In a steamer, allow these kofta balls to steam for 20 minutes on low heat. Keep these steamed koftas aside.

FOR GRAVY -

1. Grind the roasted peanuts and make paste.
2. Similarly, grind the soaked almonds and cashews and make paste.
3. In a non stick cookware, add Jeera, Turmeric powder, black pepper, kalonji, sesame seeds, ginger garlic paste, garam masala, dhaniya powder, chilly (1 tsp each).
4. To this add peanut paste, add almond cashew paste, also add garlic.
5. Mix everything well. Now add tomato and onion paste and allow it to cook for 5 minutes.
6. Now add capsicum one bowl.
7. Close lid and cook for 2 minutes and add those steamed kofta balls.
8. Cook for next 1 minute. Turn off the flame.
9. Garnish with chopped coriander, cashew, almond.
- 10.And serve hot.

NUTRITIVE VALUE

(Per serving)

Energy	291 Kcal
Protein	19 g
Fat	15 g
Carbohydrate	56 g



VADA CURRY

By: Elizabeth Jose



Preparation Time
- 60 mins



Cook Time
-30 mins



Serving Size
- 4

Ingredients

For vada

Soaked channa dal-200 g

Onion (chopped)-1 medium

Ginger-garlic paste-1 tsp;

Dried red chilli-2

Cumin- 3/4 tsp

Mint- 1 handful

Salt-1.5 tsp

Turmeric powder-3/4 tsp.

For curry:

Bay lcurry

Cinnamon-1 inch piece

Cloves-4; onion(finely chopped)-

Tomato (finely chopped)-1
medium;

Almonds/cashews (blended)- 1
handful;

Ginger-garlic paste-1 tsp;

Turmeric powder-1/4 tsp

Red chilli powder-1 tsp

Salt-1 tsp.

Instructions

1. Add dried red chilli and cumin seeds to a mixie jar and blend into a powder.

2. Drain soaked channa dal. Keep two tablespoons of dal separate. Add salt and ginger garlic paste and pulse it in the same mixie jar used for powder (see previous step) a few times until a coarse mixture is formed. Some uncrushed dal should be present. Transfer the mix into a bowl.

3. Add minted leaves , chopped onion, turmeric powder and the powder made in the first step to the channa dal mix. Taste and add salt as needed. Add the two tablespoons of uncrushed dal that were kept aside in step 2.

4. Take a small handful of the mix and form a ball, then flatten it. Do this with the remaining dough until you have several flattened balls.

5. Put a baking parchment on a baking tray, then put the flattened balls onto the baking parchment (if baking parchment is not available, put the flattened balls straight onto the tray).

6. Keep them in the oven at 200 degrees (180 degrees in fan assisted oven) for ten minutes. Then flip the flattened balls onto the other side and cook for another ten minutes.

For the curry

7. In a large non-stick pan, add bay leaf, cinnamon, cloves and heat for one to two minutes.

8. Add the onion and ginger-garlic paste and stir until the onion is slightly browned. Add a cup of water and stir again.

9. Add tomato and saute until it turns soft. Add a half cup water and stir it into the mixture. Then add the nut paste and stir again. Taste and add salt as needed.

10. Cover and let it boil for five minutes. Add pieces of channa dal vada and mix well. Serve and enjoy!

NUTRITIVE VALUE

(Per serving)

Energy	114 Kcal
Protein	24 g
Fat	9 g
Carbohydrate	57 g



TRADITIONAL OIL FREE INDIAN THAALI

By: Insha Alvi



Preparation Time
- 20 mins



Cook Time
-25 mins



Serving Size
- 2

Ingredients

For Rajma :

Rajma- 1 bowl

Chana dal -4 Tbsp

Coriander leaves- for garnishing

Green chilly - 3 -6

Zeera -1 Tbsp

Red chilli powder- ½ Tbsp

Salt according to taste

For methi palak bhaji:

Methi- 1 cup

Palak- 1 cup

Onion- 4 bulb

Red Dried chilli- 2-3

Garlic- 5-6 cloves

Rice

Rice- 1 bowl

Raddish leaf- for garnishing

Carrot- 1/2 cup

Green peas -1/2 cup.

Roti :

1 bowl wheat flour

Instructions

For Rajma

1. Boil soaked rajma and chana dal in a cooker for 10 mins
2. Take a pan add zeera and roast then add little water
3. Add chopped garlic and chopped onion
4. Add 1 green chilli and add tomato puree to it
5. Add turmeric powder , red chilli powder and salt according to taste and stir it well
6. Cover and cook for 3 mins
7. Add boiled rajma and chana dal , mixx and serve

For mithi palak bhaji

1. Chop 1 bowl palak and 1 bowl methi
2. Add chopped garlic to a pan and on low flame add little water and saute
3. Add methi and palak , salt according to taste
4. Add dried 2 3 red chillies , cook on low flame for 4-5 mins

For rice

1. In a cooker add salt , rice and water and cook until it boils
2. Add boiled carrot and green peas mix and cover cook on low flame for 3 mins.

Roti

Knead the dough and appow to rest for 15 mins
Roll out small balls and make rotis

For garnishing the thali

Assemble all the mini dishes in a large plate and serve hot

NUTRITIVE VALUE

(Per serving)

Energy	380 Kcal
Protein	11 g
Fat	6 g
Carbohydrate	36 g



CREAMY CHICKEN WITH RICE

By: Ayesha Shaikh



Preparation Time
- 45 mins



Cook Time
- 30 mins



Serving Size
- 1

Ingredients

Chicken - 60 g
Milk - 100 ml
Onion - 35 g
Carrot - 30 g
Cashew nuts - 10 g
Rice - 30 g
Water- 100 ml

Instructions

1. Boil chicken for 2 mins and keep aside
2. In a pan add onions and carrot and sauté.
3. In a blender grind cashew and nuts to a powdered form.
4. Add milk ,cashew nut mixture and salt Cook on medium flame
5. Add the chicken into it and let cook for 10-15 mins
6. Your creamy chicken is ready to serve

NUTRITIVE VALUE

(Per serving)

Energy	170 Kcal
Protein	10 g
Fat	8 g
Carbohydrate	14 g



HARIYALI MUTTON DO PYAAZA

By: Vaishali V. Kailaje



Preparation Time
- 15 mins



Cook Time
- 50 mins



Serving Size
- 5

Ingredients

For Marination

Mutton – 500 g

Curd - 2 cups

Ginger – garlic paste - 1tbsp.

Mint leaves - 6-8 leaves

Coriander leaves - 100g

Coriander-cumin powder - 2tsp.

Turmeric - 1tsp.

Garam masala - 1tsp.

Salt - as per taste

For palak puree -

Spinach leaves (blanched) - 100g

Onion - 1

Green chillies - 2

Lemon juice - 1tsp.

For Mutton gravy -

Onion (large) - 2-3

Coriander leaves - 200g

Water - ½ cup

Ginger (chopped) - 1 inch

Green chillies - 3-4

Salt - as per taste

Star anise - 1

Clove - 2

Cinnamon - 1 inch stick

Black pepper (whole) - 5-6

Bay leaf - 2

Coriander seeds (crushed) – 2 tsp.

Cumin seeds – 2 tsp.

Instructions

Marination of mutton:

1. Add the ingredients listed under marination to the mutton in a bowl and let it rest for 1-2 hours

Preparation of palak puree:

Blanch the spinach leaves and make a fine puree

Preparation of onion paste:

Roast 2 large onions (with peel) on low flame until translucent. Then peel off the onion and blend into a smooth paste.

Preparation of mutton gravy:

1. Dry roast all the spices as cinnamon stick, cloves, cardamoms, bay leaf, cumin seeds, coriander seeds and peppercorns and sauté well on a high flame in a pressure cooker.
2. Add the marinated mutton and cook on low flame for about 8-10 minutes.
3. Now add palak puree, onion paste, coriander leaves, water, salt and 3-4 green chillies (slit) in the mutton mixture and mix well.
4. Cook in pressure cooker upto 3-4 whistles.
5. After the pressure release, open the cooker and boil the gravy by adding garam masala.
6. Boil the gravy until it thickens. Then add remaining roasted onion into cubes.
7. Garnish with coriander and serve hot with chapati or bhakri.

NUTRITIVE VALUE

(Per serving)

Energy	260 Kcal
Protein	33 g
Fat	27 g
Carbohydrate	5 g



CHICKEN KOFTA CURRY

By: *Pratidnya sunil pawar*



Preparation Time
- 15 mins



Cook Time
- 40 mins



Serving Size
- 4

Ingredients

Chicken – 250 g
Tomatoes- 3
Onion -3
Garlic cloves- 7
Mint leaves
Ginger- 8 chopped pieces
Coriander
Curry leaves
Salt (as per the taste)
2 tablespoon chilli powder
Tikka masala – 2 Tbsp
Turmeric - ½ tsp
Raw egg -1
Bread crumble
Ginger garlic paste – 1 tsp

Instructions

1. Take 250gm of chicken boil it with spices.
2. Then roast chopped onions, tomatoes, garlic ginger, mint leaves and coriander and grind them well.
3. Grind the boiled chicken and smash it , make balls dip in eggs and bread crumbs.
4. Steam them for 5 min. And add them in gravy.

NUTRITIVE VALUE

(Per serving)

Energy	320 Kcal
Protein	32 g
Fat	14 g
Carbohydrate	14 g



EXOTIC CHICKEN CURRY

By: Shravani Manohar Jambhulgade



Preparation Time
- 15 mins



Cook Time
- 40 mins



Serving Size
- 2

Ingredients

Chicken – 250g
Lemon – ½
Ginger Garlic paste – 1 Tbsp
Vinegar – 1 tsp
Chicken tikka masala – 2 Tbsp
Onion – 1
Tomatoes – 2
Spinach leaves – 5
Coriander leaves – for garnishing
Salt – As per taste
Egg – 1 raw

Instructions

1. Marinate the chicken using the above ingredients and keep aside
2. Roast it on medium flame
3. In a pan add garlic onion, tomato and spinach . Saute well fo 2 mins . Grind it into a fine paste
4. Heat this blend on medium flame and pour it over the roasted chicken

NUTRITIVE VALUE

(Per serving)

Energy	450 Kcal
Protein	26 g
Fat	13 g
Carbohydrate	8 g



RAJMA CHICKEN WITH NAAN

By: Shravani Manohar Jambhulgade



Preparation Time
- 4 Hrs



Cook Time
- 50 mins



Serving Size
- 3

Ingredients

Chicken -50 g
Kidney Beans -25g
Cashew Nuts - 10g
Onions -10g
Tomato- 10g
Ginger Garlic Paste -5g
Green Chilly - 5g
Red Chilli Powder- ¼ Teaspoon
Turmeric Powder - 1/8 Teaspoon
Coriander Powder- ¼ Teaspoon
Zeera Powder- ¼ Teaspoon
Salt To Taste
Water As Needed

For Naan

Yeast - 5g
Sugar -10g
Water - As needed
Flour - 70
Salt - To taste

Instructions

Method for Rajma Chicken :

1. Sauté onions, ginger garlic paste, tomato in a pan with little water.
2. To this add all the masalas and cook well.
3. Cool the above cooked mixture and make it into a paste.
4. Meanwhile separately pressure cook meat and rajma with little bit of salt, turmeric powder and water.
5. Heat a pan and pour in the half cooked meat along with water and add the prepared paste and let the meat cook on medium flame.
6. After about 5 minutes add boiled rajma and let it cook for another 5 minutes.
7. Add chopped coriander on top before serving.

Method for Naan :

1. In a bowl take lukewarm water and add sugar and yeast. Allow the yeast to inoculate.
2. Once inoculated in about 15 minutes add flour and salt and knead well.
3. Cover the kneaded dough with a wet cloth and keep aside for 2 hours.
4. After 2 hours make the dough into small balls, further roll them out and chop coriander on the top and cook on a tawa.

NUTRITIVE VALUE

(Per serving)

Energy	140 Kcal
Protein	7 g
Fat	4 g
Carbohydrate	74 g



GOAN FISH CURRY

By: Sakina Hussain Rangwala



Preparation Time
- 20 mins



Cook Time
- 30 mins



Serving Size
- 2

Ingredients

For the Curry Paste:

Coconut – 1 cup

Red chillies – 5

Coriander powder – 1 tsp

Cumin seeds – 1 tsp

Turmeric Powder – ¼ tsp

Garlic – 4

Ginger – 1 piece

Tamarind – 1 piece

For curry

Fish – 1 whole

Onion – 1 small

Green chilly – 1

Salt – As per taste

Instructions

1. Clean and rinse the fish. Rub salt over the pieces and set aside for about 20 minutes. Rinse once more in water before adding it to the curry.
2. Prepare the curry paste by grinding together the above mentioned ingredients to a fine but thick paste with small additions of water.
3. In a kadai or vessel to be used for cooking the curry, squash the sliced onions with salt using a spatula/back of a spoon/fingers. Since we're not sauteing the onions in any oil, this step helps soften the slices.
4. Add the prepared curry paste. Pour in approximately 2-2 1/2 cups of water to achieve the desired consistency and stir.
5. Heat it and bring it to a boil. Let it boil for 3-4 minutes.
6. Add the rinsed fish to the curry along with the kokum pieces. Let this cook for 7-8 minutes.
7. Check for seasoning. Add a slit green chilly and turn off the flame.
8. Serve hot with rice

NUTRITIVE VALUE

(Per serving)

Energy	315 Kcal
Protein	12 g
Fat	24 g
Carbohydrate	14 g



TOMATO FISH

By: Deepali Sharma



Preparation Time
- 10 mins



Cook Time
- 20 mins



Serving Size
- 4

Ingredients

Fish – 500 g (boneless)
Garlic powder- 1 Tbsp
Lemon Juice- 2 Tbsp
Red Chilli Powder- 1 tsp
Coriander seeds- 1 tsp
Cumin powder- 1 tsp
Tomatoes- 500g
Garam masala- 1 tsp
Coriander powder- 1 tsp
Sugar- 1 ½ tsp
Dry fenugreek leaves – 2 Tbsp
Salt to taste

Instructions

1. Rub fish with little salt and wash well to remove any smell.
2. Add lemon juice, grounded coriander seeds and cumin powder to the fish. Marinate for 10-15 min.
3. Bake the fish/ grill it in non-stick pan for about 2-3 minutes. Remove and keep aside.
4. Blanch the tomatoes by boiling in water for 4-5 minutes. Remove skin and puree them in a mixer to smooth paste.
5. In a non stick pan add the tomato puree. Cook for 3-4 minutes.
6. Add garlic powder and all the other seasonings. Give one boil, stirring continuously. Simmer for 5-7 minutes.
7. Slide in the fish pieces and let them simmer for 2-3 minutes in the tomatoes.
8. Serve hot garnished with coriander leaves and green chilli with boiled rice.

NUTRITIVE VALUE

(Per serving)

Energy	280 Kcal
Protein	12 g
Fat	15 g
Carbohydrate	25 g



BUTTER CHICKEN

By: Renu Lamba



Preparation Time
- 10 mins



Cook Time
- 30 mins



Serving Size
- 2

Ingredients

Chicken- 500g (with bone)
Tomato- 5-6
Onion- 1 small
Ginger paste- 1 tsp
Garlic paste- 1 Tbsp
Green chilli- 1
Milk- 1 cup
Tomato puree- 2 Tbsp
Garam masala- 1 tsp
Coriander powder- 1 tsp
Sugar- 1 Tbsp
Black pepper- ½ tsp
Dry fenugreek leaves- 1 Tbsp
Dry masala powder- 2 tsp
Salt to taste

Instructions

1. For dry masala powder- dry roast cloves, cinnamon, green cardamom, bay leaf, black cardamom, peppercorns. Cool and grind it.
2. Wash chicken and add in a pressure cooker. Add garam masala and salt. Pressure cook for 4-5 whistles or till it is tender.
3. Blanch tomatoes and cool them. In a blender add tomatoes, ginger-garlic paste, onion and green chilli. Grind to smooth paste. Sieve the paste.
4. Heat wok on high flame and add sieved tomato puree mixture. Bring to boil and then add tomato puree, coriander powder, salt, dry masala powder and garam masala.
5. When the gravy becomes half add one cup milk and half cup water. Cook till gravy becomes thick.
6. Now add chicken and cook on low flame covered for 10 min.
7. Now add sugar and fenugreek leaves.
8. Serve hot with rice or roti.

NUTRITIVE VALUE

(Per serving)

Energy	290 Kcal
Protein	13 g
Fat	20 g
Carbohydrate	18 g



EGG KOFTA

By: Renu Lamba



Preparation Time
- 15 mins



Cook Time
- 20 mins



Serving Size
- 2

Ingredients

Eggs - 4
Coriander Powder (Dhania) - 1 tsp
Turmeric powder (Turmeric powder) - 1 tsp
Kashmiri Red Chilli Powder - 1/2 Tbsp
Garam masala powder - 1/2 tsp
Corn flour - 1 Tbsp
Salt , to taste

For Gravy

Tomato Puree - 1 cup
Onion - 1, chopped
Turmeric powder - 1 tsp
Green Chillies - 3-4
Red Chilli powder - 1 tsp
Coriander Powder - 1 tsp
Cumin powder - 1 tsp
Garam masala powder - 1 tsp
Kasuri Methi - 1 Tbsp
Bay leaf - 1
Salt - As per taste

Instructions

1. Boil 4 eggs
Crumble the eggs into small pieces and transfer in a bowl. Add turmeric powder, red chilli powder, coriander powder, salt, garam masala powder. Mix it very nicely using hands.
2. Dissolve 1 Tbsp of cornflour with 2 Tbsp of water and keep aside
3. Make small balls of the egg mixture and bind it with the help of cornflour mixture
4. For the Gravy add tomato puree, dry red chilli and bay leaf. Roast the chillies for a minute then add chopped onions.
5. Add the spices (coriander, cumin, red chilli and turmeric powder) and cook for 2 mins
6. Add 1 cup of water and when it starts bubbling add the egg balls and let it cook for 10 mins
7. Add garam masala and sprinkle some kasuri methi .
8. Serve your egg koftas with boondi raitas

NUTRITIVE VALUE

(Per serving)

Energy	350 Kcal
Protein	21 g
Fat	7 g
Carbohydrate	54 g



Breads and





more





ROLL TWISTER MATAR PANEER

By: Gauri Gajendra Thakur



Preparation Time
- 30 mins



Cook Time
- 5 mins



Serving Size
- 2

Ingredients

For chutney

Matar (green peas) 200 g

Green chilies - 2-3

Garlic cloves- 1-2

Coriander leaves- as per choice

Cumin seeds- 5g

Paneer -125g

Curd, chilli powder,

salt, matar paneer masala

according to taste.

Wheat flour- 60 g

Garnish- onion rings and lemon

juice and some mint leaves

Instructions

1. Take fresh green peas, grind them with garlic chilies, cumin, and coriander leaves to make chutney
2. Add some salt as per taste and keep it aside.
3. After that, make marinade for paneer with curd, red chili powder, salt and matar paneer masala, and keep paneer cubes in it for half an hour.
4. On a non-stick pan cook the marinated paneer for 1-2 min on low flame.
5. Prepare dough and chapati from wheat flour.
6. For making rolls, spread the matar chutney over phulka, add some onion rings with lemon juice and pan seared paneer and make roll. Toast it on non-stick tawa for a few seconds and your tadke bina zyka matar paneer roll is ready!

NUTRITIVE VALUE

(Per serving)

Energy	338 Kcal
Protein	21 g
Fat	10 g
Carbohydrate	32 g



MUSHROOM SPINACH ROLLS

By: Zaina Zulfiqar



Preparation Time
- 10 mins



Cook Time
- 15 mins



Serving Size
- 2

Ingredients

Mushrooms - 250 g
Spinach - 100 g
Onions - 2 large , chopped
Milk - 2 Tbsp
Wheat Flour - 100 g
Water - to knead
Salt - As per taste
Red chilly powder - 2 tsp
Oregano - 2 tsp
Black pepper powder - 2 tsp
Ginger garlic paste - 1 tsp

Instructions

1. Knead the flour with some water . Allow to rest for sometime.
2. In a large saucepan pour milk and transfer mushrooms . Allow to cook until soft.
3. Add in onions , spinach and cook for another 5 mins.
4. Add the ginger garlic paste , red chilly powder, oregano and black pepper powder and saute for 2 mins.
5. Make round chapatis out of the kneaded flour.
6. Place the chapati on a plate and spread the mushroom mixture on top of it.
7. Place another chapati on top of it and keep it in the oven at 160 °C for 10 mins.
8. Take it out and cut it into quarters.
9. Your Spinach mushroom rolls are ready to serve.

NUTRITIVE VALUE

(Per serving)

Energy	254 Kcal
Protein	15 g
Fat	8 g
Carbohydrate	29 g



HEALTHY OIL-FREE AND WHOLE WHEAT KULCHA

By: Nishtha Chhabra



Preparation Time
- 35 mins



Cook Time
- 10 mins



Serving Size
- 4

Ingredients

Whole wheat flour : 1.5 cups
Curd : 4 tbsp
Salt : 1 tsp
Baking powder : 1/2 tsp
Baking soda : 1/4 tsp
White sesame seeds : 2 tsp
Kasuri methi (Dried fenugreek leaves) : 2 tsp

Instructions

1. In a mixing bowl add whole wheat flour, baking powder, baking soda, salt and curd and mix well.
2. Make a soft smooth dough.
3. Rest the dough covered with wet muslin cloth for 30 minutes.
4. Split the dough into 4 balls of equal size.
5. Roll each ball into a round-shaped flat bread.
6. Wet the top side of each flat bread with some water.
7. Sprinkle white sesame seeds, kasuri methi (dried fenugreek leaves) and press it gently to settle them.
8. Heat a tawa and place the rolled out kulcha and cook until the bubbles form on top.
9. Cook on low heat till it shows little brown spots on both sides.
10. Repeat with the remaining dough portions to make three more kulchas.
11. Kulchas are ready to be served.
12. Serve hot with any Indian curry/gravy of your choice.

NUTRITIVE VALUE

(Per serving)

Energy	145 Kcal
Protein	5 g
Fat	2.7 g
Carbohydrate	25 g



EGG DOSA

By: Mary Eva Jude



Preparation Time
- 10 mins



Cook Time
- 15 mins



Serving Size
- 1

Ingredients

Besan flour- 20 gm
Boiled Egg- 1 no
Onion – 20 gm
Coriander leaves- 20 gm
Lemon juice- 10 gm
Coconut – 10gm
Bengal gram dal-5gm
Salt for taste

Instructions

1. Take besan flour into a bowl. Add chilly powder and asafoetida. Add water, salt and make into a batter.
2. Pour the batter into the pan with 4cm thickness.
3. Boil egg and grate it. Add chopped onions.
4. Grind coriander, Bengal gram dal, coconut, salt together in mixie.
5. Apply coriander chutney to besan dosa. Add egg stuffing into the besan dosa.
6. Serve hot with chutney.

NUTRITIVE VALUE

(Per serving)

Energy	240 Kcal
Protein	13 g
Fat	12 g
Carbohydrate	18 g



VEGETABLE PULAAO

By: Madhur Sharma



Preparation Time
- 10 mins



Cook Time
- 25 mins



Serving Size
- 2

Ingredients

For gravy

Onion - 1

Tomatoes - 2

Ginger garlic paste - 1 Tbps

Vegetables : 2 cups chopped
vegetables like capsicum,
broccoli, beans, carrot, beetroot,
peas etc

Rice 1 cup soaked for ½ hour

kaju/almond 10-12

Dry masala

tej patta 1

cinnamon 1 inch

star anise 1

Black cardamom 1

Green cardamom 2

Cloves 3-4

Black peppercorn 6-8

Jeera 1 tsp

Coriander Powder 1 tsp

Garam masala 1 tsp

Red chilli powder 1 tsp

Instructions

1. For the gravy boil the onion ginger garlic & tomato with ½ cup water till tender & mushy.
2. Let it cool, then grind in mixie, keep aside.
3. In a cooker dry roast the thinly sliced onion till brown, now add the dry masala and dry roast till aroma comes.
4. Then add the vegetables & kaju/almond paste & soaked rice & kishmish & saffron milk.
5. Add water till everything is covered with ½ inch layer of water.
6. Do not add extra water or it might become mushy. Give 3-4 whistles. Do not overcook as it might burn.

NUTRITIVE VALUE

(Per serving)

Energy	209 Kcal
Protein	10 g
Fat	6.2 g
Carbohydrate	29.3 g



BENGALI-STYLE KICHUDI WITHOUT OIL

By: Subhasish Banerjee



Preparation Time
- 10 mins



Cook Time
- 30 mins



Serving Size
- 5

Ingredients

Moong Dal - 200 gm
Gobindo Bhog Rice - 200 gm
Onion – 1 (small)
Green chilies – 4 small
Turmeric Powder – 2 tps
Cumin seeds - 1 tps
Sugar – 1 Tbsp
Dried red chilies - 3
Bay leaves 3
Tomato – 2
Salt – As per taste

Instructions

1. Slice the onion and tomato in small pieces. De-seed two green chilies.
2. Soak the rice in cold water for 5 minutes and also clean the impurities from the dal by washing it with water.
3. Pressure cook the soaked rice, dal, three-fourth of the onion pieces, tomato slices, green chilies with the turmeric powder, sugar and salt (as per taste) along with 2 cups of water for 3 whistles.
4. On a hot frying pan, dry roast the dried red chilies, cumin seeds, bay leaves until the colour changes. Then add the remaining onion slices and saute it until the onion turns golden brown.
5. Temper with a few drops of water is required.
6. Add the mixture over the cooked khichdi and stir well. Let it rest for 10 minutes and serve hot after garnishing with the remaining two chilies.

NUTRITIVE VALUE

(Per serving)

Energy	294 Kcal
Protein	21.7 g
Fat	3.7 g
Carbohydrate	62.1 g



THE GREEN CHICKEN PULAO

By: Shaikh Unaiza



Preparation Time
- 15 mins



Cook Time
- 35 mins



Serving Size
- 4

Ingredients

Rice: 250g
Curd (Cow's): 50g
Chicken (breast): 125g
Coriander leaves: 25g
Mint leaves: 25g
Green chillies: 4
Black pepper powder ½ tsp
Salt as per taste

Instructions

1. Wash the chicken with clean water and cut into small pieces.
2. Then in a bowl, add chicken, green chutney (make paste of green chillies, coriander and mint leaves), add black pepper powder, salt and curd and marinate the chicken for 10-15 minutes.
3. Now, boil the rice. When rice is half done add marinated chicken, cover the lid and let it cook on low flame for 25-30 minutes.
4. Your tasty and healthy green chicken pulao is ready to be served!!

NUTRITIVE VALUE

(Per serving)

Energy	254 Kcal
Protein	10.88 g
Fat	3 g
Carbohydrate	44.3 g



MUTTON YAKNI BIRYANI

By: Jasmeet Soni



Preparation Time
- 15 mins



Cook Time
- 40 mins



Serving Size
- 6

Ingredients

Mutton-1 Kg
Water- 1½ l
Garlic- 1 whole
Ginger- 1 inch
onion-
Salt- 1 tsp
whole coriander- 2 Tbsp
Saunf- 2 Tbsp
Star anise- 1
Black peppercorn- 1 tsp
Jeera- 1 tsp
Black cardamom- 2
green cardamom-4
For rice-
Rice- 3 katori
Onion- 2 medium sliced
Garlic- 6 cloves
Ginger- 1 inch
Salt- 1 tsp
Tomato- 2 sliced
Red chilli powder- 1 tsp
Jeera- 1 tsp
Garam masala- 1 Tbsp

Instructions

1. For stock- Place all the ingredients in a muslin and add in a pressure cooker. Add water and washed mutton pieces.
2. Pressure cook for 15-20 min. Strain the mutton pieces and keep it separately. Keep the stock aside.
3. Roast onion and tomatoes for rice. once roasted chop them
4. Now in a non-stick cooker add roasted onion, garlic, ginger and green chillies.
5. Add roasted tomatoes, red chilli powder and ¼ cup water(from the stock). Cook till it softens.
6. Add mutton and fry for 4-5 minutes.
7. Add stock water, jeera, garam masala and salt. Add rice and pressure cook for 3-4 whistles.
8. Serve hot with chutney or raita.

NUTRITIVE VALUE

(Per serving)

Energy	340 Kcal
Protein	20 g
Fat	10 g
Carbohydrate	68 g



No tel





dessert tales





NACHNI CHI RANI

By: Dimple Dalal



Preparation Time
- 7 mins



Cook Time
- 20 mins



Serving Size
- 2

Ingredients

Ragi - 30g,
Dates - 25g,
Jaggery - 10g,
Banana - 12.5g,
Almond - 10g,
Flax seed powder - 10g,
Milk - 10ml (optional)

Instructions

1. Dry roast the ragi flour.
2. In a grinder, churn soaked dates, jaggery and flax seed powder to a smooth paste.
3. Add the paste to the roasted ragi flour and mix well to form a dough (add little milk in case it is very hard).
4. Roll the dough out on a steel plate as a thin layer and keep in the fridge for 10-12 minutes till completely set.
5. Cut slices from the laid out dough in rectangles.
6. Place a thin slice of banana on one side of the rectangle and fold to make a cover.
7. Add a slice of almond on top to garnish.

NUTRITIVE VALUE

(Per serving)

Energy	205 Kcal
Protein	4.5 g
Fat	6 g
Carbohydrate	35 g



ZERO OIL MALPUA RABRI

By: Zulfa kazi



Preparation Time
- 15 mins



Cook Time
- 15 mins



Serving Size
- 3

Ingredients

For Malpua-

Wheat flour-20 grams(4 Tbsp)

Semolina-10 grams(2 Tbsp)

Milk- 100 ml (3/4 th cup)

Sugar -20 grams (2 Tbsp)

Salt and elaichi as per taste.

For rabdi-

Skim milk powder-20 grams(4 Tbsp)

Mix dry fruits (almond, cashew, pista)-10 grams

Milk- (2Tbsp).

For sugar syrup-

Water-2 cups.

Sugar-20 grams (2Tbsp)

Saffron strands.

Instructions

Formalpua -

- 1) In a bowl add wheat flour, semolina, milk, sugar, salt, elaichi.
- 2) Mix these ingredients and make a batter of pouring consistency.
- 3) In a heated pan, add a table spoon full of batter, and make malpuas without greasing the pan with oil or any other fat source.
- 4) Make these malpuas on low to medium heat.
- 5) Keep these aside.

For sugar syrup-

- 1) In a vessel boil water and add sugar and saffron strands.

For rabdi-

- 1) In a pan add skim milk powder and add tbsp of milk mix it till it forms rabdi like consistency.

Final procedure-

- 1) Dip those malpuas in hot sugar syrup.
- 2) Remove those in a plate, and add the rabdi over the malpuas.
- 3) Decorate the malpuas and rabdi with roasted chopped dry fruits.
- 4) Serve chilled.

NUTRITIVE VALUE

(Per serving)

Energy	130 Kcal
Protein	3 g
Fat	3 g
Carbohydrate	24 g



RAGI PEANUT LADOO

By: Sandra Mary Jolly



Preparation Time
- 10 mins



Cook Time
- 15 mins



Serving Size
- 4

Ingredients

Ragi Flour / Finger Millet Flour :

150g

Peanuts : 50g

Powdered Jaggery : 50g

Instructions

1. Dry roast the ragi flour until a nice aroma comes out and set aside.
2. Roast the peanuts until golden brown in colour and cool.
3. Grind the roasted peanuts into powder.
5. Combine the ragi flour and peanut powder in a wide bowl and mix very well.
6. Melt Jaggery in a hot pan.
7. Take the roasted flour and mix it with melted jaggery.
8. Shape the mixture into small round balls and store in an airtight container.

NUTRITIVE VALUE

(Per serving)

Energy	280 Kcal
Protein	7 g
Fat	7.5 g
Carbohydrate	45 g



CHOCOLATE CAKE

By: Arshiya Vig



Preparation Time
- 15 mins



Cook Time
- 10 mins



Serving Size
- 6

Ingredients

Curd- 1 cup
Powdered sugar- $\frac{3}{4}$ cup
Cocoa Powder- 2 Tbsp
Refined flour- $\frac{3}{4}$ cup
Vanilla essence- 1 tsp
Baking Powder- 1 tsp
Baking Soda- $\frac{1}{2}$ tsp
Egg- 1
Salt a pinch

Instructions

1. Take curd in a bowl and lightly beat it. Add half the amount of sugar and mix till it dissolves. Now add baking powder and baking soda. Keep aside for resting for 5-6 min.
2. Add vanilla essence to the curd mix.
3. In a separate bowl whisk egg and remaining sugar. Beat till it becomes fluffy.
4. Sift flour, cocoa powder and pinch of salt together.
5. Fold flour and eggs in batches into curd mix.
6. Grease a microwave proof bowl/silicon mold with refined flour. Add the batter and cook in microwave mode at high heat for 5-9 minutes. Check in between if done.
7. Once done take the cake out and let it rest for 5-7 min and then unmold it.
8. Serve cake with fruit or chocolate topping.

NUTRITIVE VALUE

(Per serving)

Energy	135 Kcal
Protein	7 g
Fat	5 g
Carbohydrate	14 g



SWEET SEVIYAN/VERMICELLI

By: Poonam Soni



Preparation Time
- 5 mins



Cook Time
- 15 mins



Serving Size
- 2

Ingredients

Vermicelli- ½ cup

Sugar- 1/4 cup

Green cardamom powder- ½ tsp

Water- 1 cup

Dry fruit- almonds- 10 g

Cashew Nuts- 10g

Raisins- 20 g

Instructions

1. In a non-stick karahi roast vermicelli till it turns golden brown.
2. Boil water in a separate pan, add sugar and cardamom powder.
3. Add the water syrup to vermicelli and bring it to boil.
4. Cook it on low heat till water is dried and add dry fruits.
5. Serve hot.

NUTRITIVE VALUE

(Per serving)

Energy	165 Kcal
Protein	4 g
Fat	5 g
Carbohydrate	32 g



BAKED GUJIYA

By: Ritu Dhawan



Preparation Time
- 30 mins



Cook Time
- 30 mins



Serving Size
- 6

Ingredients

For dough

Atta or whole wheat flour- 1 cup

Sooji or semolina- 1 Tbsp

A pinch of salt

Warm water for kneading- 1 cup

For stuffing

Dry fruits almond, cashew,

walnut- ¼ cup

Desiccated coconut fresh

Jaggery/ sugar- 2 Tbsp

Khus Khus or poppy seeds½
teaspoon

Sooji- 1 tsp

Elaichi or cardamom powder ½ tsp

Water 2 tsp

Instructions

1. Grind the nuts and roast in a pan for a few minutes with khus khus (poppy seeds).
2. Add desiccated coconut and roast it for a few minutes.
3. Add green cardamom powder, jaggery or palm sugar.
4. Once the jaggery has melted, add the raisins and turn off the heat.
5. Take the ingredients for the dough in a bowl. Knead with water in a semi hard dough.
6. Roll a piece of dough, place a spoonful of filling (you may also use gujiya mold).
7. Press from all sides. Do not leave any open gaps, otherwise the mixture will come out. Start binding the edges using finger tips. Place the index finger of the right hand. Now, roll the immediate part of covering to bind it
8. In a preheated air fryer (5 minutes) at 170°C, cook the gujiya for 14-15 minutes or bake in the oven at 180°C for 7-10 min.

NUTRITIVE VALUE

(Per serving)

Energy	275 Kcal
Protein	7 g
Fat	10 g
Carbohydrate	40 g



BAKED PUMPKIN CRACKED WHEAT

By: Ruhan Siddiqui



Preparation Time
- 10 mins



Cook Time
- 15 mins



Serving Size
- 4

Ingredients

Milk 2 Tbsp
Cracked wheat 2 cups
Pumpkin spice 2 tsp
Baking powder 1 tsp
Salt a pinch
Pumpkin puree 1 cup
Eggs- 1
Honey - 1 Tbsp

Instructions

1. Preheat the oven to 375°F degrees. Align with a butter paper
In a medium bowl, combine cracked wheat , pumpkin spice, baking powder, and salt. Mix to combine.
2. Add pumpkin puree, milk, eggs, vanilla, and honey to bowl.
Spread into the prepared baking dish. Bake for 30-35 minutes when it is puffed up on the edges, set in the middle and top is golden.
3. Let cool for 5 minutes before slicing.
4. Enjoy warm topped with yogurt.

NUTRITIVE VALUE

(Per serving)

Energy	300 Kcal
Protein	9 g
Fat	11 g
Carbohydrate	46 g



PAZHAM PAYASAM

By: Parveen Fatima



Preparation Time
- 10 mins



Cook Time
- 15 mins



Serving Size
- 2

Ingredients

Ripe Nenthra Pazham (ripe plantain banana) - 1 no.
Grated coconut - 1/4 cup
Water - 3 cup
Sugar - 1/2 cup
Rice flour - 3 tsp
Cardamom powder - 1/4 tsp

Instructions

1. Boil 3 cups of water, add the chopped ripe banana.
2. Cook until the banana is soft.
3. Add sugar, cardamom powder.
4. Add the rice flour mixed in water to payasam.
5. Keep in low flame for 10 mins.
6. Add grated coconut and put off the flame.
7. Serve hot.

NUTRITIVE VALUE

(Per serving)

Energy	280 Kcal
Protein	3 g
Fat	8.5 g
Carbohydrate	52 g

List of winners: Tadke Bina Zaika

Categories

A. No tel tasty appetizers

Sno.	Name of the participant	Name of the dish	State
1.	K. Hamshavardhini	Yummy tummy poha	Tamil Nadu
2.	Ashna Singhal	Sabudana Vada	Telangana
3.	Sahota Harleen Kaur	Rice Veggie Roll	Maharashtra
4.	Preshita Shendre	Cafereal Paneer Multigrain Bhakri Coin	Goa
5.	Samira Gupta	Oil-Free No-Cook Dahi Vada	Delhi
6.	Kiran Chauhan	Broccoli Balls	Delhi
7.	Vinaya .V.C	OIL FREE Pakoda	Kerala
8.	Ritu Dhawan	Besan Cheela	Delhi
9.	Shalini Sethi	Upma	Uttar Pradesh
10.	Jasleen Vig	Vegetable cutlet	Delhi
11.	Sonia Chauhan	Haryali Paneer Tikka	Delhi
12.	Virendra Singh	Chicken Poppers	Delhi
13.	Himanshi Mahajan	Fish Fingers	Uttar Pradesh
14.	Saloni Shangari	Chicken Reshmi Tikka	Jharkhand
15.	Poonam Khurana	Vegetable Uthappam	Madhya Pradesh

B. Nothing oily mains

Sno.	Name of the participant	Name of the dish	State
16.	Jyotsana Singh	Rajma Healthy and Tasty	Haryana
17.	Shriyanjali	Dal Pithi	Bihar
18.	Chetan Rao	Pindi Channa	New Delhi
19.	Inoshi Sharma	Khatti Dal with Vegetables	Delhi
20.	Tanush Rao	Kali Dal	Delhi
21.	Reshma	Oil free Tadka Dal	
22.	Tanush Rao	Kadhi Pakodi	Delhi
23.	Priya S. Mishra	Dal Baati Churma	Maharashtra
24.	Vaishali V. Kailaje	Kaju methi muthia gravy	Maharashtra
25.	Inoshi Sharma	Khatta Meetha Kadoo	Delhi
26.	Chetan Rao	Tariwali lauki	Delhi
27.	Renuka Sharma	Zucchini sprout ki sabzi	Uttar Pradesh
28.	O P S Rao	Carrot ki Sabzi	Haryana
29.	Satmi Kumari	Aloo Matar	Jharkhand
30.	Tarun Shree	Coconut Beans	Haryana
31.	Sonika Hemant Verma	Baby Corn Palak (Spinach) Curry	Delhi
32.	Hitesh	Bhindi Masala	Uttar Pradesh
33.	Dheeraj Pradhan	Coco Nut Yam Curry -E- Pa-Run-Tha	Delhi
34.	Reshma Kazi	Zero Oil Methi Matar Makhana Sabzi	Maharashtra
35.	Pooja	Cauliflower curry	New Delhi
36.	Anita devi	Masala tinda	New Delhi
37.	Saloni Shangari	Tori Posto	Jharkhand
38.	Renu Lamba	Stuffed Capsicum	Delhi
39.	Poonam Khurana	Kundru Aloo	Madhya Pradesh
40.	Rhea Vig	Dahi Aloo	Delhi
41.	Poonam Soni	Besan Arbi	Delhi
42.	Amna	Bagara Baingan Hyderabad Style	Delhi
43.	Thavanesh Rao	Shahi Paneer	Delhi
44.	Renuka Sharma	Shimla Mirch ki Sabzi Paneer Wali	Uttar Pradesh
45.	Deepsikha Chauhan	Oil Free Kadhai Paneer	Karnataka

46.	Himanshi Mahajan	Garlic Paneer	Uttar Pradesh
47.	Jasmin K Shaikh	Keto cauliflower rice with peas	Maharashtra
48.	Zulfa Anis Kazi	Zero Oil Shahi Kofta Recipe	Maharashtra
49.	Elizabeth Jose	Vada curry	Kerala
50.	Insha Atvi	Traditional oil free Indian thaali	Maharashtra
51.	Ayesha Shaikh	Creamy chicken with rice	Maharashtra
52.	Vaishali V. Kailaje	Hariyali mutton-do-pyaza	Maharashtra
53.	Pratidnya sunil pawar	Chicken kofta curry	Maharashtra
54.	Shravani Manohar Jambhulgade	Exotic chicken curry	Maharashtra
55.	Rose Mathew	Rajma Chicken with Naan	Kerala
56.	Sakina Hussain Rangwala	Goan Fish Curry	Maharashtra
57.	Deepali Sharma	Tomato Fish	Karnataka
58.	Renu Lamba	Butter Chicken	Delhi
59.	Tanisha Zulfiqar	Egg Kofta	Delhi

C. Breads & more

Sno.	Name of the participant	Name of the dish	Place
60.	Gauri Gajendra thakur	Roll twister matar paneer	Maharashtra
61.	Zaina Zulfiqar	Mushroom Spinach roll	Delhi
62.	Nishtha Chhabra	Healthy Oil-free and Whole Wheat Kulcha	Uttar Pradesh
63.	Mary Eva Jude	Egg Dosa	Kerala
64.	Madhur Sharma	Vegetable pulao	Delhi
65.	Subhasish Banerjee	Bengali-style Kichudi without Oil	West Bengal
66.	Shaikh Unaiza	The green chicken pulao	Maharashtra
67.	Jasmeet Soni	Mutton Yakni Biryani	Delhi

D. No tel dessert tales

Sno.	Name of the participant	Name of the dish	Place
68.	Dimple Dalal	Nachni chi rani	West Bengal
69.	Zulfa Kazi	Zero oil malpua rabdi	Maharashtra
70.	Sandra Mary Jolly	Ragi peanut laddu	Kerala
71.	Arshiya Vig	Chocolate cake	Delhi
72.	Poonam Soni	Seviyan	Delhi
73.	Ritu Dhawan	Gujjya	Delhi
74.	Ruhan Siddiqui	Baked pumpkin oatmeal	Delhi
75.	Parveen Fathima	Pazham Payasam	Tamil Nadu

75
Azadi Ka
Amrit Mahotsav

fssai

सत्यमेव जयते
FOOD SAFETY AND STANDARDS
AUTHORITY OF INDIA

Inspiring Trust, Assuring Safe & Nutritious Food
Ministry of Health and Family Welfare, Government of India



**Eat Right
India**

सही भोजन. बेहतर जीवन.

