

South Asian Menu



Lunch

Methi roti with yoghurt



Main meals

Chicken and aubergine curry

Sambar and rice



Snack

Spiced corn cobette
with yoghurt dip

Methi roti with yoghurt

Serves: 3

Cooking/preparation time:
20-30 minutes

Cost per portion: £0.47*

Equipment list:

- Chopping board
- Cutting knife
- Mixing bowl
- Rolling pin
- Tava/pancake pan/
flat non-stick pan
- Stove top

Nutrition

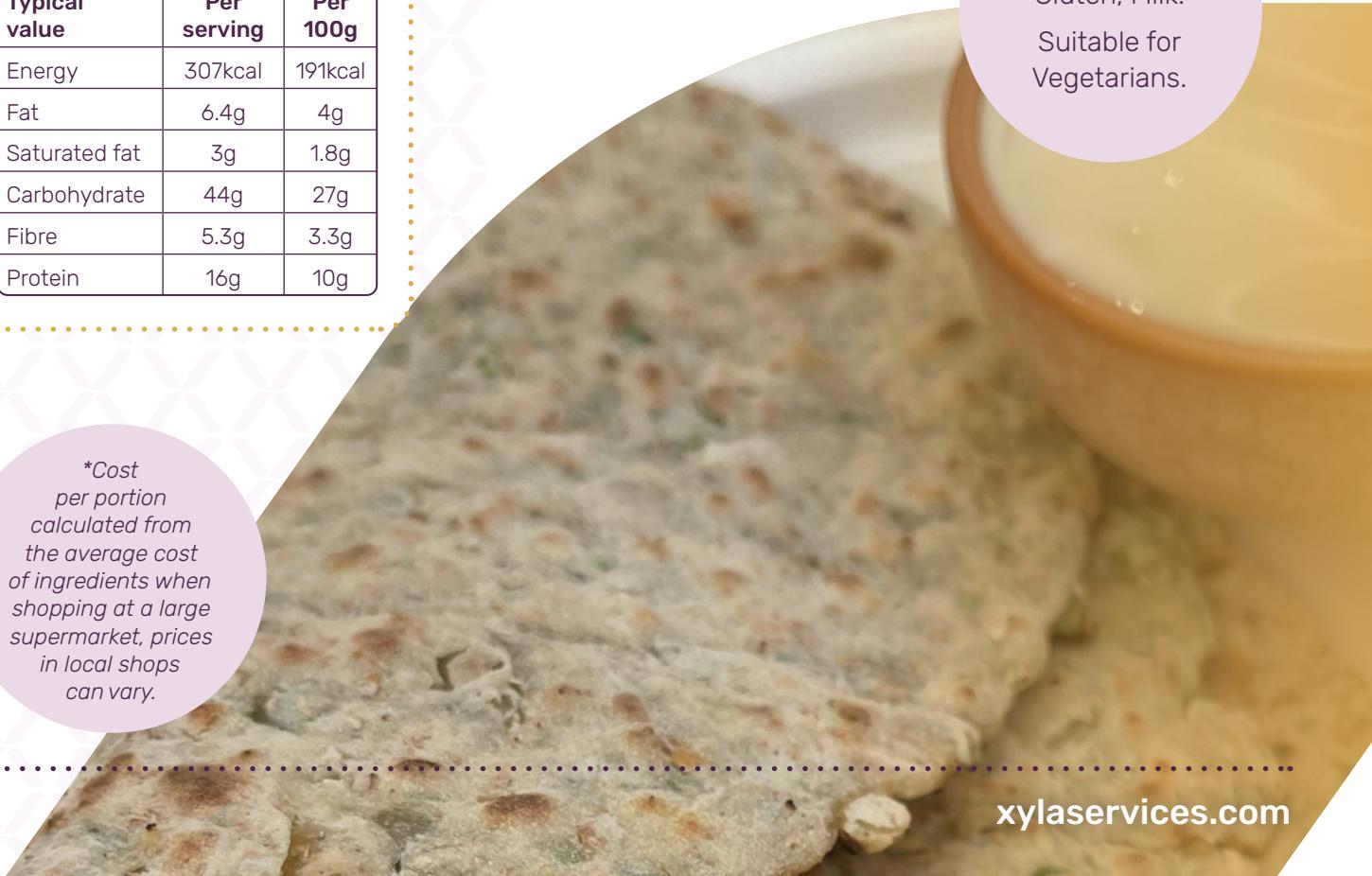
Typical value	Per serving	Per 100g
Energy	307kcal	191kcal
Fat	6.4g	4g
Saturated fat	3g	1.8g
Carbohydrate	44g	27g
Fibre	5.3g	3.3g
Protein	16g	10g

*Cost per portion calculated from the average cost of ingredients when shopping at a large supermarket, prices in local shops can vary.

Ingredients:

- 1 cup/130g atta (chapatti flour) plus extra for rolling
- $\frac{1}{2}$ cup/60g besan (gram flour)
- Seasoning to taste (approx. 1 tsp salt)
- 1 tsp fresh green chilli, finely chopped
- 1 tsp garam masala
- $\frac{1}{2}$ tsp anardana powder (dried pomegranate powder)
- 1 tsp cumin
- 2 tbsp kasoori methi (dried fenugreek leaves)
- 1 tbsp grated fresh ginger
- 1 small onion, finely chopped
- 2 small spring onions, finely chopped
- Small bunch of coriander, finely chopped
- Water to combine (approx. $\frac{1}{2}$ cup)
- 180g of fat free yoghurt (natural/Greek/dairy free)

Allergens:
Gluten, Milk.
Suitable for Vegetarians.



Method:

1. Add all the dry ingredients, ginger, onion, spring onions and coriander to a mixing bowl.
2. Mix the ingredients together to make sure the spices and fresh ingredients are well distributed through the flours.
3. Add the water little by little, whilst mixing with your hand, continue until a dough is formed. You may not need all the water.
4. Split the dough into 6 equally sized balls.
5. Roll out each ball with a rolling pin on a floured surface, adding more flour to the surface as needed whilst rolling. Roll until your roti is approx. 3mm thick.
6. Once rolled, place on a pre heated tava or flat non-stick pan. Cook one side till the surface starts to change colour, then flip and cook on the other side until it starts to brown, flip one last time to lightly brown both sides.
7. Serve warm with a yoghurt of your choice.

Cooks tips:

When cooking on an electric stove: for the best results use a clean tea towel and gently press the edges of the roti after it has been flipped once, this will ensure an even cook.

When cooking on a gas stove: for an authentic flavour, you can finish the roti on an open flame. After half cooking on the tava, place the roti onto the flame moving it around often, until both sides are evenly browned.



Chicken aubergine curry with rice

Serves: 4

Cooking/Preparation time:
45-60 minutes

Cost per portion: £1.41*

Equipment list:

- Chopping board
- Cutting knife
- Two medium/large saucepans
- Colander

Nutrition

Typical value	Per serving	Per 100g
Energy	535kcal	107kcal
Fat	15g	3g
Saturated fat	4.6g	0.9g
Carbohydrate	50g	10g
Fibre	6.5g	1.3g
Protein	46g	9.1g

Ingredients:

- low calorie oil spray
- 2 large onions, diced
- 1 tbsp of grated ginger (fresh/frozen)
- 2 tsp cumin
- 1 tsp garam masala
- $\frac{1}{2}$ tsp turmeric
- Optional: $\frac{1}{2}$ tsp anardana powder (dried pomegranate powder)
- 1 can chopped tomatoes
- 4 fresh green chillies, finely chopped (adjust quantity to taste)
- 600g of chicken thighs, diced into inch cubes
- 1 large aubergine
- Season to taste
- 1 cup water
- A small bunch of fresh coriander, finely chopped
- 1 cup of basmati rice, approx. 180g

Allergens:
Sulphites

*Cost per portion calculated from the average cost of ingredients when shopping at a large supermarket, prices in local shops can vary.

Method:

For the curry:

1. Finely slice the onions, using a deep saucepan on a medium heat, spray the base with low calorie oil spray, add the onions and soften using a splash of water if needed.
2. As the onions begin to colour add the ginger and cumin, allow to cook for one to two minutes.
3. Add the garam masala, turmeric and anardana powder, stir and allow the spices to cook for 60 seconds.
4. Add the chopped tomatoes and finely diced chillies.
5. Add the diced chicken to the pan and stir through the sauce.
6. Next add the aubergine, stirring to combine.
7. Season with salt to taste.
8. Add 1 cup of water (add more or less depending on the consistency you prefer).
9. Allow to simmer for approx. 15 minutes until the meat is cooked through and tender.
10. Remove from the heat and stir through the washed and finely chopped coriander, saving some leaves for garnish.

For the rice:

11. Wash the rice.
12. Add the rice to a large pan of water (using excess water will help drain off excess starch).
13. Bring to the boil and lower the temperature to create a gentle boil for approx. 15 minutes or until the rice is cooked.
14. Using a colander drain the excess fluid.
15. Optional: season to taste and stir through coriander.



Sambar and rice

Serves: 6

Cooking/Preparation time:
60 minutes

Cost per portion: £1.13*

Equipment list:

- 3 deep saucepans
- Chopping board
- Cutting knife
- Stove top
- Colander

Nutrition

Typical value	Per serving	Per 100g
Energy	505kcal	150kcal
Fat	4g	1.2g
Saturated fat	0.7g	0.2g
Carbohydrate	91g	27g
Fibre	13g	3.7g
Protein	19g	5.6g

*Cost per portion calculated from the average cost of ingredients when shopping at a large supermarket, prices in local shops can vary.

Ingredients:

- 300g toor dhal (pigeon peas/arhar dhal)
- ½ tsp turmeric powder
- 1½ tbsp rapeseed/olive oil
- 1tsp mustard seeds
- ½ tsp methi seeds
- 2-3 dry red chillies (optional)
- 1-2 green chillies, finely chopped (approx 1 heaped teaspoon - adjust to taste)
- 10-12 curry leaves
- ½ tsp hing (asafoetida)
- 1 large onion, finely sliced
- 2 fresh tomatoes chopped into rough cubes
- 2 carrots, chopped into equal pieces approx. 1cm wide
- ½ aubergine chopped into inch sized cubes
- 8-10 pieces drumsticks, each approx. 3 inches long
- ½ tsp red chilli powder
- 2 tsp sambar powder
- 4-5 tbsp tamarind pulp/ sauce, or 2 tsp of tamarind concentrate
- ½ onion cut into cubes
- 1 tsp brown sugar
- Small bunch of fresh coriander
- 390g basmati rice

Allergens:

Soya, Mustard,

Suitable for
Vegetarians and Vegans

*please check the
ingredients of the
sambar powder*

"This was completely new to me, it came out lovely"

Krzysztof,
Regional Trainer at Xyla

Method:

For the sambar:

1. Wash the dhal thoroughly and allow to soak for 5-10 minutes, then discard the soaking water.
2. In a deep saucepan add the dhal and water (approx. 3 inches above the level of the dhal), in the same pot add turmeric and season with salt to taste (suggestion: $\frac{1}{2}$ teaspoon of salt).
3. Bring the dhal to a boil, then reduce the heat and simmer with the lid on for approx. 45 minutes. Or until the dhal is soft when pressed between your thumb and finger. You may need to top up with water whilst it cooks, you are aiming for a thin soup consistency.
4. In a separate large saucepan, heat the oil then add mustard seeds. Allow them to heat and start to fizz/pop in the pan.
5. Add the methi seeds, dry chillies (optional), fresh green chillies, curry leaves and hing. Stir fry the spices for 30 seconds on a medium to high heat.
6. Add the sliced onion, stir fry till the onions become softened and are only lightly coloured. Add water as needed to prevent burning.
7. Once the onions are cooked add the fresh tomatoes and stir fry till softened (approx. 1-2 minutes).

8. Add in the drumsticks, aubergine, and carrot, stir to coat with the onion mix.
9. Add red chilli powder, sambar powder and season with salt to taste (approx. $\frac{1}{2}$ teaspoon).
10. Add tamarind, the chunks of onion, sugar and stir to combine.
11. Check that the dhal is cooked through and then pour the contents of the dhal pan into the pan with your vegetables.
12. Adjust the consistency by adding water if needed. (You are aiming for a chunky soup consistency at this point).
13. Bring the pot to the boil and simmer for 4-6 minutes with the lid off until the vegetables are cooked to your preference.
14. Before finishing the dish, taste and adjust the seasoning and stir through a handful of chopped fresh coriander.

For the rice:

15. Wash the rice thoroughly and allow to soak for 20 minutes.
16. Then place into a saucepan and boil in excess water for approx. 10-15 minutes or until rice is cooked to your preference.
17. Once cooked, drain off excess fluid using a colander.

Alternatively serve with idli or dosa.



Spiced Corn Cobette with Yoghurt Dip

Serves: 2

Cooking/Preparation time:

15 minutes

Cost per portion: £0.95*

Equipment list:

- Cutting knife
- Chopping board
- Microwave or saucepan
- Tongs
- Oven or stove top
- 2 small bowls

Nutrition

Typical value	Per serving	Per 100g
Energy	119kcal	51kcal
Fat	1.7 g	0.7g
Saturated fat	0.2g	0g
Carbohydrate	12g	5.2g
Fibre	4.6g	2g
Protein	12g	5.4g

*Cost per portion calculated from the average cost of ingredients when shopping at a large supermarket, prices in local shops can vary.

Ingredients:

- 4 short corn cobs (approx. 70g each)
- 1 lime sliced into half and seeds removed
- 1 tsp cayenne/red chili powder (adjust to your spice preference)
- Salt to taste
- ¼ tsp cumin powder

For the dip:

- 180g fat free yoghurt (dairy or dairy-free)
- ¼ tsp paprika
- Juice of half a lime

Allergens:

Milk - If using dairy based yoghurt

Suitable for Vegetarians and Vegans



Method:

1. Wash the corn cobs.
2. Parboil or steam the cobs in the microwave for 4-5 minutes. Then pat dry with a tea towel or tissue.
3. Turn on the cooker to a medium heat.
4. Using tongs, char the cobs over an open flame.
5. Alternatively, you can grill the cobs in the oven, turning every 30-45 seconds until slightly browned.
6. In a bowl combine the spices.
7. Cut the lime in half and dip one half into the spice mix.
8. Then rub the lime with the spices against the cob to spread all the seasoning evenly.
9. In a bowl season the yoghurt with the juice of half a lime and paprika. Optional - add salt and garnish with coriander.

Cooks tips:

To steam in the microwave, place the cobs in a bowl with a splash of water, use a plate to cover the bowl and microwave for 4-5 minutes. Take care when removing from the microwave, the bowl will be hot.

