

Chicken Tikka (serves 2)

Ingredients

2 tsp tikka paste (from a jar, available in supermarkets)
2 tbsp low fat yoghurt
1 tbsp tomato paste/puree
1-2 tsp vegetable oil e.g. rapeseed oil (optional)
Chilli powder (to individual taste)
250g chicken (washed, sliced into strips, no skin) – about 2 chicken breasts

To Serve

2 Wholemeal pitta breads
Shredded lettuce
1/3 cucumber, cut into strips
2 fresh tomatoes, diced

Method

1. Put tikka paste, yoghurt, tomato paste, oil and chilli in a bowl and mix well.
2. Stir in the chicken and leave to marinade for as long as possible, even 15 minutes will make a difference.
3. Stir-fry the spiced chicken in a non-stick pan or wok till cooked (just a few minutes) and serve stuffed in pitta bread with lettuce, cucumber and tomatoes.

Vegetable Rice (Serves 2-3)

Ingredients

1 mug basmati rice
1 ½ mugs cold water
1-2 tbsp bouillon (stock) powder
1 tsp crushed garlic
1 tsp crushed ginger
Small handful of frozen mixed veg
2 carrots, peeled & diced
200g (about a quarter of) white cabbage, shredded
2 red peppers, chopped

To Serve

Sweet chilli sauce
Chopped coriander leaves

Method

1. Soak rice in bowl, wash clean thoroughly and drain before use.
2. Put rice and water into a microwavable container with a lid.
3. Add stock powder, ginger, garlic and vegetables.
4. Stir and place in the microwave over high setting for 18-20 minutes or till cooked (stir once at around 15 mins).
5. Serve topped with sweet chilli sauce and coriander leaves.

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