1. 1 packet of edible Mushrooms

2. 6-7 green chillies (less/more based on the spiciness needed)

3. 1 bunch of garlic

4. 4-5 teaspoons of chopped coriander leaves

5. small bowl of chopped onions

6. edible oil (preferably cold pressed oil)

7. salt as per taste

8. pepper powder

1. Clean the mushrooms with salt water and chop them into 4 pieces each

2. Finely chop the garlic and chillies, onion and coriander and keep them aside

3. Heat the pan and put 2-3 tablespoons of oil

4. Fry the chopped garlic, chillies, onions until golden brown

5. Add the chopped mushrooms and wait until the water from the mushrooms evaporate

6. Add salt, pepper

7. Fry the mushroom until it gets slightly roasted

8. Add chopped coriander leaves and fry little

9. Transfer to a bowl and serve hot for snacks or with chapathi

1. 1 packet of edible noodles

2. 6-7 green chillies (less/more based on the spiciness needed)

3. 1 bunch of garlic

4. 4-5 teaspoons of chopped coriander leaves

5. small bowl of chopped onions

6. edible oil (preferably cold pressed oil)

7. salt as per taste

8. pepper powder

1. Boil the noodles with salt and oil and keep them aside

2. Finely chop the garlic and chillies, onion and coriander and keep them aside

3. Heat the pan and put 2-3 tablespoons of oil

4. Fry the chopped garlic, chillies, onions until golden brown

5. Add the chopped mushrooms and wait until the water from the mushrooms evaporate

6. Add salt, pepper

7. Add the boiled noodles and stir it.

8. Add chopped coriander leaves and fry little

9. Transfer to a bowl and serve hot for snacks or with chapathi

1. Egg

2. Oil (Preferrably cold pressed oil)

3. Salt

4. Pepper

1. Take a pan and heat the pan and add 1 spoon of oil to it

2. Take an egg and beat it and pour the content to the pan and spread evenly

3. Add salt and pepper as per taste.

4. Roast the omlette on both sides.

5. Serve as a snack, breakfast or meal.

1. 1 cup of raw rice

2. Water

1. Wash 1 cup of raw rice in water .

2. Pour the washed rice to a bowl and add 1 glass of drinking water and place it in the cooker

3. Let the cooker whistle for 6-7 times and turn off the gas

4. Allow the cooker to cool down

5. take the bowl out from the cooker

6. Serve it with sambar, curd or chutney

1. 1 tbsp olive oil, plus extra, to shallow fry

2. 1 brown onion, finely chopped

3. 1 zucchini, coarsely grated

4. 1 carrot, peeled, coarsely grated

5. 2 Massel Chicken Style Stock Cubes, crumbled

6. 400g can pinto beans, rinsed, drained

7. 400g can Coles Cannellini Beans, drained, rinsed

8. 35g (1/3 cup) reduced-fat pre-grated pizza cheese

9. 1 egg

10. 90g (1 3/4 cups) panko breadcrumbs

11. Tomato sauce, to serve

1. Heat the oil in a large frying pan over medium-high heat. Add the onion, zucchini and carrot. Cook, stirring, for 7 minutes or until softened. Stir in the stock cubes. Set aside to cool slightly.

2. Meanwhile, place the pinto beans and cannellini beans in a large bowl. Use a potato masher to mash until almost smooth. Add the vegetable mixture and the cheese. Season and stir to combine.

3. Whisk the egg and 1 tablespoon water in a bowl. Place the breadcrumbs in a separate bowl. Shape tablespoonfuls of the vegetable mixture to make 30 nuggets. Dip 1 nugget in the egg mixture then coat in breadcrumbs. Place on a tray. Repeat with the remaining nuggets.

4. Wipe the pan clean. Add extra oil to the pan to come 1cm up the side. Heat over medium-high heat. Cook the nuggets, in batches, for 2 minutes each side or until golden and warmed through. Serve with tomato sauce.