

Nigela Cook Cards • September 07, 2025

Ragi Dosa	★ RARE
Cook Time: 20min Difficulty: ★★ Meal: Breakfast	
Tags: breakfast main_starch • cuisine south • jain	
Ingredients: ragi flour (120.0g), water (200.0ml)	
"Sizzle till the edges lift."	
Quick Steps: Mix batter → Rest 10m → Cook on tawa 2m/side	

Sprout Salad	★ COMMON
Cook Time: 10min Difficulty: ★ Meal: Breakfast	
Tags: breakfast protein • cuisine gujarati • kid-friendly • jain	
Ingredients: moong dal (100.0g)	
"Lemon wakes it up."	
Quick Steps: Boil/steam lightly → Toss with lemon, salt	
Adult variant: lean tofu/paneer portion	
Kids variant: paneer cubes or daal with ghee	

Flax Curd	★ COMMON
Cook Time: 5min Difficulty: ★ Meal: Breakfast	
Tags: breakfast yogurt • jain	
Ingredients: yogurt (200.0g), flaxseed (10.0g)	
"Creamy and kind."	
Quick Steps: Mix and rest 5m	

Papaya Slices	★ COMMON
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Cook Time: 2min Difficulty: ★ Meal: Breakfast	
<i>Tags: breakfast fruit • jain</i>	
Ingredients: papaya (200.0g)	
<i>"Sunshine on a plate."</i>	
Quick Steps: Slice and serve	

Moong Dal Khichdi	★ EPIC
Cook Time: 30min Difficulty: ★★ Meal: Dinner	
<i>Tags: dinner khichdi • cuisine north • jain • kid-friendly</i>	
Ingredients: rice (120.0g), moong dal (80.0g)	
<i>"Comfort in a bowl."</i>	
Quick Steps: Rinse rice+dal → Pressure cook 3 whistles → Ghee tadka	

Paneer Tikki	★ RARE
Cook Time: 20min Difficulty: ★★ Meal: Dinner	
<i>Tags: dinner protein_farsan • cuisine north • kid-friendly • jain</i>	
Ingredients: paneer (200.0g)	
<i>"Golden and proud."</i>	
Quick Steps: Mash paneer → Pan-sear patties	