

# A Little Bit of Everything

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## **NOTE:**

This cookbook is both a work in progress, and a constant project, where I will be adding new recipes, pictures, and ideas as I can. However, I wanted to put out a few recipes that I know my friends and family will enjoy, and hopefully, you can too!

Thanks for downloading :)

# Chili Chicken Wings

Cook Time: 10min Prep Time: 10hrs Total Time: 10hrs, 10mins

## Ingredients

- 1 cup oil(with high smoke point, such as olive oil or avocado oil)
- 1 cup Flour
- 1lb Chicken wingettes and drumettes
- 4 tbsp red chili powder, or spicy powder
- 2 tbsp paprika
- 2 tbsp cumin
- 2 tbsp coriander
- ½ cup yogurt
- 3 tbsp minced garlic
- 1 tbsp minced ginger
- 3oz ketchup or sweet chili sauce
- Salt and pepper to taste

## Steps

1. Wash, and Thaw Chicken wing pieces in a large enough bowl.
2. Into bowl with chicken, add garlic, ginger, paprika, cumin, coriander, yogurt, salt, and pepper. Mix together until each piece of chicken is coated with the mixture.
3. Let chicken marinate in the fridge for at least 2 hours, but overnight is preferable
4. Add flour to marinated chicken mixture. Mix until each piece is coated in flour, and marinate.
5. Heat oil in a large pan or skillet at highest heat setting. Once the oil is sufficiently hot place 3 to 4 chicken wings into the skillet(or as many as your pan can comfortably hold without any pieces touching each other).
6. Fry on each side for about 2 minutes, or until chicken is a reddish-brown. Place chicken in a paper towel-lined bowl to remove excess oil.
7. Remove the paper towel and place chicken back in the bowl. Add ketchup, and mix until each piece is coated. Additional salt if necessary. You are ready to serve.

# Palak Paneer

Cook Time: 30mins Prep Time: 20mins Total Time: 50mins

## Ingredients

- 10oz spinach(one small bag will do)
- 1lb paneer or tofu
- 4tbsp butter
- 3tbsp of cinnamon
- 2 tbsp paprika
- 2 tbsp cumin
- 2 tbsp coriander
- 3oz heavy cream or yogurt
- 1 medium onion
- 2 Roma tomatoes
- 3 tbsp minced garlic
- 1 tbsp minced ginger

## Steps

1. Pour oil into a skillet. Once hot, add a handful of spinach, adding more as the cooked spinach shrinks down until you've added all of it. Add a pinch of cinnamon and salt, and saute for 2 or 3 minutes. ALTERNATIVELY, you may blanch your spinach in hot water.
2. Transfer spinach from the pan into a blender. Add a half cup of water, and blend until it forms a smooth paste
3. Dice onions and tomatoes. In your skillet, add the remaining oil. Once hot, add diced onions. Once they begin to sweat(3 or 4 minutes) add tomatoes, along with cumin, paprika, salt, pepper, coriander, garlic, and ginger. Continue to cook and stir until mushy paste is formed.
4. Add the pushy paste into the blender along with the spinach paste and cream. Blend on high, adding water as needed, until a smooth light green paste is formed.
5. Chop paneer into 1in cubes. Heat up the butter in a skillet, and add paneer, lightly frying each side until light golden brown.
6. Add our spinach-onion-spice mixture into the pan with the paneer. Let simmer on low heat for 10-20 minutes. You are ready to serve.

# Sweet and Spicy Chicken Breast

Cook Time: 15mins Prep Time: 5mins Total Time: 20mins

## Ingredients

- 4oz chicken breast without the skin
- 2tbsp sugar
- 3oz soy sauce
- 1oz chili sauce, such as sriracha
- 4oz diced mushrooms
- 3oz oil

## Steps

1. Pour oil into a skillet. Once hot, add sugar, and diced mushrooms. Stirring constantly, let cook down for 3-4 minutes
2. Add chicken breast into the pan, and immediately add soy sauce and sriracha. Baste chicken constantly.
3. Once the meat turns from pink to brownish-white all around, flip chicken breast, and continue to baste with sauces and mushrooms for another 3-4 minutes.
4. Serve with rice or veggies.

# Crispy Asian Tofu

Cook Time: 15mins Prep Time: 5mins Total Time: 20mins

## Ingredients

- 8oz of tofu
- 2tbsp sugar
- 3oz soy sauce
- 1oz chili sauce, such as sriracha
- 8oz oil
- 2tbsp minced garlic
- 2tbsp mayonnaise

## Steps

5. Wrap tofu in a towel, washcloth, or paper towels. Place a heavy object on top, and store in a dry area for at least 2 hours.
6. Remove tofu from towels, and dice tofu into 2inx2inx1in cubes.
7. Pour oil into a skillet. Once hot, add tofu cubes, and let each piece fry on each side, until golden brown and crispy.
8. Add salt, pepper, garlic, and about half of the soy sauce. flipping the tofu to ensure every side is seasoned.
9. Move cooked tofu cubes onto a plate or bowl. Add the sugar, sriracha, and mayonnaise, mixing it until it covers every piece of tofu in a light sauce. You are ready to serve.

# Garlic Butter Zucchini

An incredibly quick, easy, delicious way to add veggies to a meal without spending too much time or energy on it.

## Ingredients

- 8oz of tofu
- 2tbsp sugar
- 3oz soy sauce
- 1oz chili sauce, such as sriracha
- 8oz oil
- 2tbsp minced garlic
- 2tbsp mayonnaise

## Steps

1. Wash zucchini thoroughly, and then dice, or slice however you prefer.
2. Add butter into a hot pan. Once melted, add the garlic, and stir til fragrant. Then add the zucchini, and add salt, pepper, and any other spices. Cook until the zucchini begins the soften, and serve as a side.

# Alfredo Veggie Lasagna

Cook Time: 35mins Prep Time: 20mins Total Time: 55mins

## Ingredients

- Lasagna Noodles of choice
- 2oz marinara sauce
- 8oz alfredo sauce
- 1 head of broccoli
- 1 green pepper
- 5-6 brussel sprouts
- 2tbsp shredded parmesan
- 4oz fresh mozzarella
- 2tsp garlic
- Salt and pepper to taste
- 4oz ricotta cheese
- 2tbsp green onion

## Steps

1. Preheat oven to 425 degrees.
2. In a pot of boiling water, cook lasagna noodles as directed on the package
3. Finely dice broccoli, pepper, and brussel sprouts till it reaches a ground-beef like texture
4. Heat oil in a skillet and cook veggies on medium heat for 2-4 minutes. Add garlic, salt, and pepper
5. Add marinara sauce and alfredo sauce, and cook for another 3-4 minutes
6. Slice mozzarella into thin, flat sheets
7. Mix ricotta, half of the parmesan, and half the green onion in a bowl
8. In a glass baking pan, add a thin layer of sauce to prevent sticking of the noodles
9. Then, repeat this order until the top of the pan:
  - a. noodles, veggie sauce, mozzarella, ricotta
10. Finish with a layer of mozzarella, and garnish with the rest of the parmesan and green onion
11. Cover the pan in foil, and bake for 20 minutes. Then, remove the foil cover, reduce the temperature to 400 degrees, and cook another 5-8 minutes.



# Indian Curry Chicken Wings

Cook Time: 45mins Prep Time: 15mins Total Time: 60mins

## Ingredients

- 1 red onion
- 2 Roma tomatoes
- 2tbsp minced garlic
- 1tbsp ginger
- 1tbsp cumin
- 1tbsp coriander
- 1tbsp red chili powder
- 2.5lbs of chicken wingettes and drumettes
- Salt to taste

## Steps

1. Blend the onion, tomatoes, garlic, ginger, cumin, coriander, and red chili powder, into a thick paste.
2. Add this paste to the pan with some oil at medium heat. Let it simmer for 5-6 minutes before adding the chicken.
3. Once the chicken is in, close the lid and let cook for another 35 or so minutes, or until the sauce has reached a thicker, stew-like consistency as the water boils out.
4. Add salt, and any other spices to taste. I prefer to add extra garlic, as I enjoy that taste.
5. Serve with rice, naan, achar, and onion slices.