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You pick what you want to eat ? we make this just for you

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Creamy Garlic Mushroom Pasta

Ingredients:

- 200g pasta (spaghetti or fettuccine)
- 2 tbsp olive oil
- 3 cloves garlic (minced)
- 200g mushrooms (sliced)
- 1 cup heavy cream (or coconut milk for vegan)
- ½ tsp black pepper
- ½ tsp chili flakes (optional)
- ½ cup grated Parmesan (or nutritional yeast for vegan)



Instructions:

1. Cook pasta according to package instructions, then drain and set aside.
2. In a pan, heat olive oil and sauté garlic for 30 seconds.
3. Add mushrooms and cook until soft (about 5 minutes).
4. Pour in the heavy cream, salt, pepper, and chili flakes, stirring well.
5. Simmer for 2 minutes, then add cooked pasta and toss to coat.
6. Mix in Parmesan and garnish with parsley. Serve hot!

Veggie Cheese Sandwich

Ingredients:

- 2 slices of bread (whole wheat or white)
- 1-2 tbsp butter or mayonnaise
- 1-2 slices of cheese (cheddar, mozzarella, or your choice)
- 1 small tomato, thinly sliced
- 1 small cucumber, thinly sliced
- Lettuce leaves (optional)
- 1/4 onion, thinly sliced (optional)
- Oregano or mixed herbs (optional)

Instructions:

1. Prep the Veggies: Slice the tomato, cucumber, and onion.
2. Toast the Bread: Optionally, toast the bread slices in a toaster or on a panini press.
3. Spread Butter or Mayo: Spread butter or mayo on one or both slices of bread.
4. Layer the Veggies: On one slice of bread, layer the sliced veggies (tomato, cucumber, and onion).
5. Add Cheese: Place a slice of cheese on top of the veggies.
6. Season: Sprinkle a pinch of salt, pepper, and oregano or herbs if desired.
7. Assemble: Place the second slice of bread on top and gently press.
8. Serve: Slice the sandwich and serve with a side of chips or a drink.



Garlic Lemon Roasted Cauliflower

Ingredients:

- 1 medium cauliflower (cut into florets)
- 2 tbsp olive oil
- 3 cloves garlic (minced)
- ½ tsp salt
- ½ tsp black pepper
- ½ tsp paprika
- 1 tbsp lemon juice



Instructions:

1. Preheat oven to 200°C (400°F).
2. In a bowl, mix cauliflower florets with olive oil, garlic, salt, black pepper, and paprika.
3. Spread the cauliflower on a baking tray lined with parchment paper.
4. Roast for 20-25 minutes, stirring halfway, until golden and crispy.
5. Remove from the oven and drizzle with lemon juice.
6. Serve hot as a side or snack.

Banana Smoothie

Ingredients:

- 1 ripe banana
- 1/2 cup milk (or any plant-based milk like almond, oat, etc.)
- 1/2 cup yogurt (optional, for creaminess)
- 1 tsp honey or sweetener of choice (optional)
- 1/2 tsp vanilla extract (optional)
- A pinch of cinnamon or nutmeg (optional)
- Ice cubes (optional, for a chilled smoothie)
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Instructions:

1. Blend the Ingredients: Add the banana, milk, yogurt, and any sweeteners or spices to a blender.
2. Add Ice: If you like your smoothie cold, add a few ice cubes.
3. Blend Until Smooth: Blend everything until smooth and creamy.
4. Taste and Adjust: Taste the smoothie and add more sweetener if needed.
5. Serve: Pour into a glass and enjoy!

Mango Shake

Ingredients:

- 1 ripe mango (peeled and chopped)
- 1/2 cup milk (or any plant-based milk like coconut, almond, etc.)
- 1/2 cup vanilla or plain yogurt (optional, for creaminess)
- 1-2 tsp honey or sweetener (optional)
- 1/4 tsp cardamom powder (optional, for a hint of spice)
- Ice cubes (optional, for a chilled shake)



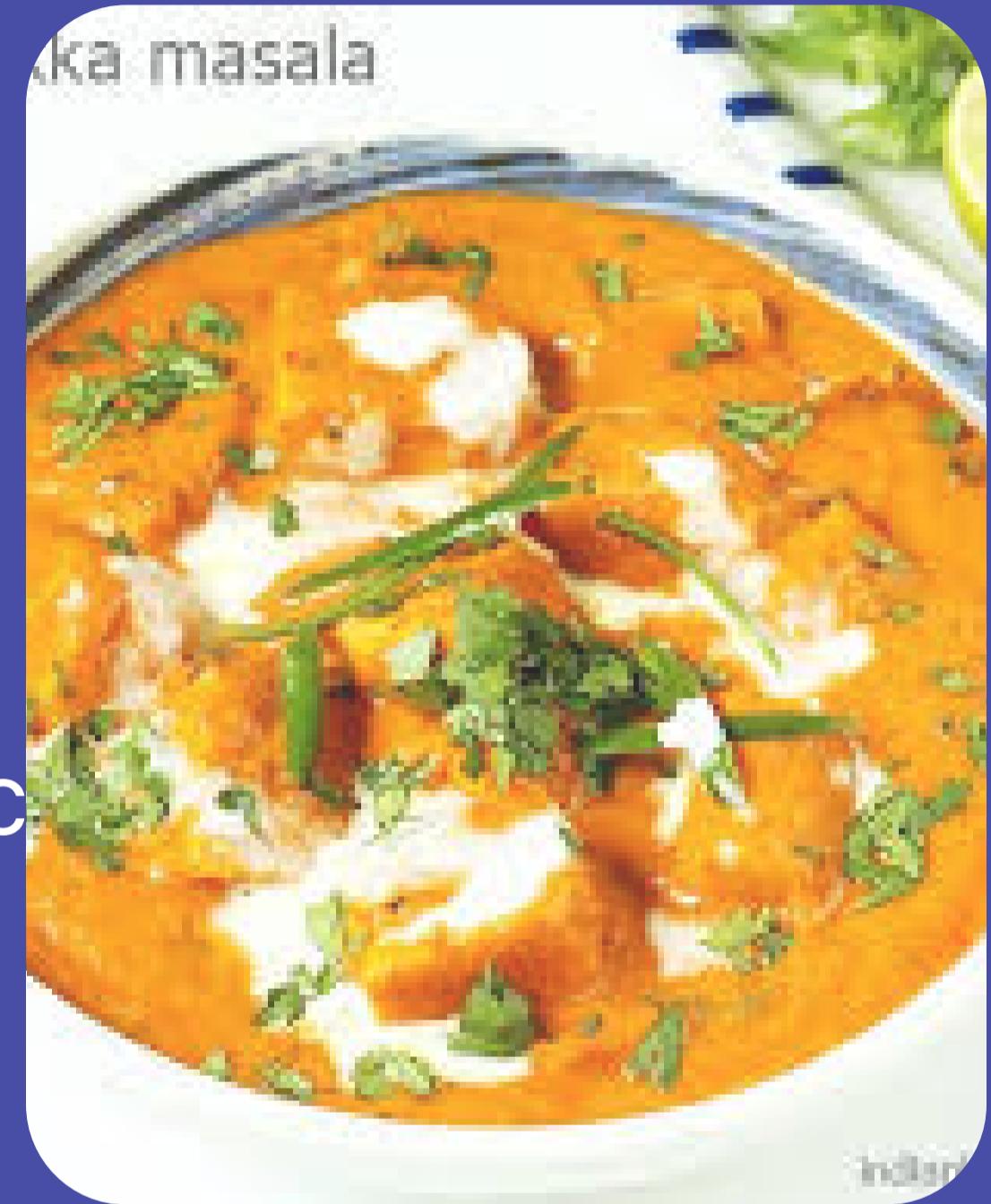
Instructions:

1. Prepare the Mango: Peel and chop the mango into pieces.
2. Blend: Add the mango, milk, yogurt (if using), and sweetener to a blender. Add ice cubes if you want a cooler shake.
3. Blend Until Smooth: Blend everything until smooth and creamy.
4. Taste and Adjust: Taste the shake and add more sweetener or cardamom if desired.
5. Serve: Pour into a glass, and enjoy the tropical goodness!

Paneer Tikka

Ingredients:

- 250g paneer (cubed)
- 2 tbsp yogurt
- 1 tbsp ginger-garlic paste
- 1 tbsp lemon juice
- 1 tbsp oil
- 1 tsp red chili powder, garam masala, turmeric
- Salt to taste
- 1 tbsp cornflour (optional)



Instructions:

1. Mix yogurt, ginger-garlic paste, lemon juice, oil, spices, and salt.
2. Marinate paneer cubes for at least 30 minutes.
3. Grill in the oven at 200°C for 15-20 minutes, or pan-fry until golden.
4. Serve with lemon wedges and onion rings.