

Time	Narration
00:00	Welcome to the spoken tutorial on protein rich non-vegetarian recipes.
00:05	In this tutorial, we will learn some non-vegetarian recipes rich in protein .
00:12	Protein helps in growth, repair and maintenance of muscle tissues.
00:18	It is responsible for controlling blood sugar levels.
00:22	We also need it for stronger immunity.
00:25	The importance of protein in our body has been explained in another tutorial.
00:30	Please visit our website for this tutorial.
00:34	Now, let us learn to prepare some protein rich recipes.
00:39	However, before cooking non-veg food items, apply lime juice
00:43	or curd or tamarind paste.
00:47	It should be applied for 1 hour before cooking.
00:50	Herbs like ginger garlic paste
00:53	and spices like turmeric can also be added.
00:57	This helps to add flavor and make the meat tender.
01:02	I will begin with our first recipe which is chicken curry.
01:06	To prepare this recipe, you will need:
01:09	100 grams or 4 pieces of boneless chicken,
01:13	50 grams or ½ bowl curd,
01:16	1 medium sized chopped onion,
01:20	1 teaspoon ginger garlic paste
01:23	and a handful washed coriander leaves.
01:27	Spices needed are: 1 teaspoon red chilli powder,
01:31	½ teaspoon turmeric powder
01:34	and 1 teaspoon garam masala powder (powder of mixed whole spices – Bracketed text is only for International languages).
01:37	You will also need:
01:39	1 teaspoon oil or ghee
01:41	and salt to taste.
01:43	Procedure: Wash and clean the chicken.
01:46	Marinate the chicken with some salt and keep it aside for 20 minutes.
01:52	In a pan, heat 1 teaspoon of oil or ghee.
01:57	Add onions and saute till they turn golden brown.
02:01	Add ginger garlic paste and saute until raw smell is gone.

02:06	To this, add chicken and cook it for a few minutes.
02:10	Now, add spices and salt.
02:14	Cook this for 2 minutes.
02:16	Meanwhile, whisk the curd until smooth.
02:20	Then, add the curd to the chicken and mix well.
02:24	Now, add half cup of water.
02:27	Close the pan with a lid and cook until the chicken is cooked.
02:31	In the end, add garam masala (powder of mixed whole spices – Bracketed text is only for International languages) and coriander leaves.
02:36	Cook again on a low flame for 1 minute.
02:39	Chicken curry is ready.
02:42	1 bowl of this chicken curry has around 20 grams of protein .
02:47	The second recipe is omelet curry.
02:50	To prepare this recipe, you will need:
02:53	2 eggs, 1 medium chopped onion,
02:57	1 medium chopped tomato,
03:00	2 tablespoons grated fresh coconut,
03:02	1 tablespoon roasted peanuts,
03:06	½ lemon sized soaked tamarind ball
03:08	and handful of washed and chopped coriander leaves.
03:13	Spices needed are: ½ teaspoon turmeric powder,
03:17	2 dried whole red chillies
03:19	and 1 teaspoon garam masala powder (powder of mixed whole spices – Bracketed text is only for International languages).
03:22	You will also need 2 teaspoons oil or ghee
03:26	and salt to taste.
03:28	Procedure: Heat a pan and dry roast coconut, and red chillies on medium flame.
03:35	Roast them until aroma is released.
03:38	Allow them to cool.
03:40	Grind them into a paste by adding roasted peanuts and tamarind.
03:45	Add water to make a smooth paste.
03:48	However, before grinding, make sure to remove the seeds of the tamarind.
03:53	Keep this paste aside for later use.
03:57	In a pan heat 1 teaspoon of oil or ghee.
04:00	Add onion and saute them until the onion turns golden brown.
04:06	To this, add the chopped tomatoes and cook until the tomatoes turn soft.

04:12	Add turmeric powder, salt and mix well.
04:16	Now, add the ground paste and ½ cup water.
04:20	Cook this for 5 minutes.
04:22	Meanwhile, we will start to make the omelet.
04:26	To make the omelet, beat 2 eggs in a bowl with some salt as per taste.
04:32	Add coriander leaves and mix well again.
04:36	Heat ½ teaspoon oil or ghee in a pan
04:39	and add the beaten eggs.
04:41	Flip and cook on both sides on medium flame until done.
04:46	Cut the omelet into long pieces and add it to the curry and mix well.
04:51	Lastly, add the garam masala powder (powder of mixed whole spices – Bracketed text is only for International languages) and cook again for 2 minutes.
04:57	Omelet curry is done.
04:59	½ bowl of omelet curry has around 16 grams of protein .
05:04	The next recipe is dry shrimp stir fry.
05:08	Please note that shrimps should not be given to less than one year old children.
05:14	Let us look at the ingredients required to make this recipe.
05:18	25 grams or ½ bowl of dry shrimp,
05:22	1 tablespoon roasted sesame seed powder,
05:25	½ medium sized onion
05:28	and ½ medium sized tomato.
05:31	Spices needed are: ½ teaspoon turmeric powder,
05:34	1 teaspoon chilli powder
05:37	and ½ teaspoon garam masala powder (powder of mixed whole spices – Bracketed text is only for International languages).
05:40	You will also need 1 teaspoon oil or ghee
05:44	and salt to taste.
05:46	Procedure: Let us begin with preparing the sesame seed powder.
05:51	Heat a pan and dry roast 2 tablespoons of sesame seeds until they splutter.
05:57	Allow the sesame seeds to cool and grind it into a fine powder.
06:01	Keep this aside for later use.
06:04	Next, wash and soak the shrimps in water for 20 minutes.
06:09	If the dried shrimps have head and tail please remove them before washing.
06:14	Meanwhile, heat oil or ghee in a pan
06:17	and add chopped onions.
06:20	Saute until onions turn light golden.
06:23	Then, add tomato, spices and salt.
06:28	Mix well and cook until the tomatoes become soft.

06:32	Strain the dried shrimp in a sieve for a few minutes.
06:36	Add this to the pan and mix well.
06:39	Close the pan with a lid and cook for 5 to 6 minutes.
06:43	In the end, add the sesame seed powder
06:46	and cook again for 5 to 10 seconds.
06:49	Dried shrimp stir fry is ready.
06:52	½ bowl of dried shrimp stir fry has around 18 grams of protein .
06:58	The next recipe is mutton cutlet.
07:01	To prepare this cutlet, you will need:
07:04	100 grams of washed boneless mutton,
07:07	2 tablespoons of soaked split bengal gram,
07:10	¼ sliced onion
07:12	and 1 teaspoon ginger garlic paste.
07:15	Whole spices required are:
07:17	2 to 3 black pepper,
07:19	2 cloves,
07:21	1 to 2 pods of cardamom
07:23	and half inch of cinnamon.
07:26	You will also require: ½ teaspoon turmeric powder,
07:30	½ teaspoon Coriander powder
07:32	and ½ teaspoon chilli powder.
07:35	You will also need 2 teaspoons of oil or ghee and
07:39	salt as per taste.
07:41	Procedure: Put the mutton pieces in a pressure cooker.
07:45	Add all the ingredients in it except the oil.
07:49	Mix everything well.
07:51	Then add 1 glass of water.
07:53	Pressure cook it for about 15 minutes.
07:56	Allow the pressure to be released.
07:59	Let the mixture cool.
08:01	From the mixture, separate out the whole spices.
08:05	Then, mash the mixture using a big spoon.
08:08	You can even grind it coarsely on a stone grinder or in a mixer.
08:13	Shape the mixture into cutlets.
08:16	Heat 1 teaspoon oil or ghee in a pan.
08:19	Fry the cutlets on medium flame until it gets cooked on both sides.
08:23	Mutton cutlets are ready.
08:26	4 cutlets have around 23 grams of protein .

08:30	Include these protein rich recipes in your daily diet for good health.
08:35	<p>This brings to the end of this tutorial.</p> <p>Thanks for joining.</p>