

Recipe Name: Veggie Stir-Fry with Tofu / Tofu Vegetable Stir-Fry

Type: Vegetarian

Cuisine: Asian

Ingredients:

- 200g tofu (cubed)
- 1 cup broccoli florets
- 1 bell pepper (sliced)
- 1 carrot (sliced)
- 1 zucchini (sliced)
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 2 cloves garlic (minced)
- 1 teaspoon grated ginger
- 1 tablespoon cornstarch dissolved in 2 tablespoons water (optional)
- Sesame seeds (for garnish)

Procedure:

1. Heat sesame oil in a wok or large pan over medium heat.
2. Add garlic and ginger; sauté until aromatic.
3. Add tofu cubes and stir-fry until lightly golden. Remove tofu and set aside.
4. Toss in broccoli, bell pepper, carrot, and zucchini. Stir-fry for 5-7 minutes until tender but crisp.
5. Mix soy sauce and cornstarch mixture (if using) into the pan and toss to coat vegetables.
6. Add the tofu back in and cook for 2 minutes.
7. Serve hot, garnished with sesame seeds, over rice or noodles.

Healthy? Yes, it's rich in protein, vitamins, and fiber while being low in fat.

Tip: Use tamari or coconut aminos for a gluten-free option.

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Recipe Name: Palak Paneer / Spinach Cottage Cheese Curry

Type: Vegetarian

Cuisine: Indian

Ingredients:

- 200g paneer (cubed)
- 250g spinach leaves
- 2 medium onions (chopped)
- 2 tomatoes (pureed)
- 2 cloves garlic (minced)
- 1 teaspoon ginger paste
- 1 green chili (optional)
- 1/2 teaspoon turmeric
- 1 teaspoon cumin seeds
- 1 teaspoon garam masala
- 2 tablespoons cream or cashew paste (optional)
- 2 tablespoons oil

Procedure:

1. Blanch spinach leaves in boiling water for 2-3 minutes. Cool and blend to a smooth paste.
2. Heat oil in a pan, add cumin seeds and let them splutter.

3. Add onions, garlic, ginger, and green chili; sauté until golden.
4. Stir in tomato puree, turmeric, and garam masala. Cook until oil separates.
5. Add spinach puree, mix well, and simmer for 5 minutes.
6. Add paneer cubes and cook for another 5 minutes. Finish with cream if desired.
7. Serve with roti or steamed rice.

Healthy? Moderately healthy due to the spinach, though cream adds calories. Opt for low-fat paneer for a lighter version.

Tip: For a vegan option, use tofu and coconut cream.

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Recipe Name: Veggie Lentil Soup / Red Lentil Soup

Type: Vegetarian

Cuisine: Middle Eastern

Ingredients:

- 1 cup red lentils (masoor dal)
- 1 carrot (diced)
- 1 celery stick (chopped)
- 1 onion (chopped)
- 2 tomatoes (chopped)
- 2 cloves garlic (minced)
- 1 teaspoon cumin powder
- 1 teaspoon turmeric powder
- 1 tablespoon olive oil
- 4 cups vegetable broth
- Fresh coriander for garnish

Procedure:

1. Heat olive oil in a pot, sauté onion, garlic, carrot, and celery until softened.
2. Add cumin powder and turmeric powder; cook for 1 minute.
3. Add lentils, tomatoes, and vegetable broth. Bring to a boil.
4. Lower the heat, cover, and simmer for 20-25 minutes until lentils are tender.
5. Blend partially with a hand blender for a creamy texture.
6. Garnish with fresh coriander and serve with bread or on its own.

Healthy? Yes, it's high in protein, fiber, and low in fat.

Tip: Add a handful of spinach at the end for extra nutrients.

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Recipe Name: Veggie Quinoa Salad / Quinoa Vegetable Salad

Type: Vegetarian

Cuisine: Mediterranean

Ingredients:

- 1 cup quinoa
- 2 cups water
- 1 cucumber (diced)
- 1 cup cherry tomatoes (halved)

- 1/2 cup red bell pepper (diced)
- 1/4 cup red onion (finely chopped)
- 1/4 cup fresh parsley (chopped)
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste

Procedure:

1. Rinse quinoa under running water. Cook with 2 cups water until fluffy. Cool.
2. In a bowl, combine quinoa, cucumber, cherry tomatoes, bell pepper, onion, and parsley.
3. Mix olive oil, lemon juice, salt, and pepper in a small bowl and pour over the salad.
4. Toss well and serve chilled.

Healthy? Yes, it's a nutrient-dense dish packed with protein, fiber, and antioxidants.

Tip: Add avocado for creaminess and extra healthy fats.

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Recipe Name: Vegetable Pasta in Tomato Sauce / Veggie Tomato Pasta

Type: Vegetarian

Cuisine: Italian

Ingredients:

- 200g whole wheat pasta
- 1 cup mixed vegetables (zucchini, mushrooms, bell peppers)
- 2 medium tomatoes (blended into a puree)
- 2 cloves garlic (minced)
- 1/2 teaspoon oregano
- 1/2 teaspoon chili flakes
- 1 tablespoon olive oil
- Fresh basil leaves for garnish

Procedure:

1. Cook pasta according to package instructions. Reserve some pasta water.
2. Heat olive oil in a pan, sauté garlic until fragrant.
3. Add vegetables and sauté until tender.
4. Pour in tomato puree, oregano, and chili flakes. Simmer for 5 minutes.
5. Mix in cooked pasta, toss to coat evenly. Add pasta water if sauce is too thick.
6. Garnish with basil leaves and serve hot.

Healthy? Moderately healthy if whole wheat pasta is used.

Tip: Substitute zucchini noodles for a low-carb option.

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Recipe Name: Vegetable Pulao / Veggie Rice Pilaf

Type: Vegetarian

Cuisine: Indian

Ingredients:

- 1 cup basmati rice
- 2 cups water

- 1/2 cup peas
- 1/2 cup carrots (diced)
- 1/2 cup green beans (chopped)
- 1 medium onion (sliced)
- 2 cloves garlic (minced)
- 1 teaspoon cumin seeds
- 2-3 cloves
- 1 bay leaf
- 1/2 teaspoon garam masala
- 2 tablespoons oil or ghee
- Salt to taste

Procedure:

1. Wash and soak the rice for 20 minutes. Drain.
2. Heat oil or ghee in a pan, add cumin seeds, bay leaf, and cloves; sauté until aromatic.
3. Add onions and garlic; cook until golden.
4. Add vegetables and sauté for 2-3 minutes.
5. Stir in rice, garam masala, and salt. Mix well.
6. Pour in water, bring to a boil, then cover and simmer on low heat for 15-20 minutes until rice is cooked.
7. Serve hot with raita or pickle.

Healthy? Yes, it's a balanced dish with carbs, fiber, and some protein.

Tip: Use brown rice for added fiber and nutrition.

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Recipe Name: Chana Masala / Chickpea Curry

Type: Vegetarian

Cuisine: Indian

Ingredients:

- 1 cup cooked chickpeas (or canned, drained)
- 2 medium tomatoes (pureed)
- 1 onion (chopped)
- 2 cloves garlic (minced)
- 1 teaspoon ginger paste
- 1 green chili (optional)
- 1 teaspoon cumin seeds
- 1 teaspoon coriander powder
- 1/2 teaspoon turmeric
- 1 teaspoon garam masala
- 1 tablespoon oil
- Fresh coriander for garnish

Procedure:

1. Heat oil in a pan, add cumin seeds, and let them splutter.
2. Add onion, garlic, ginger, and green chili; sauté until golden.
3. Stir in tomato puree, coriander powder, turmeric, and garam masala; cook until oil separates.
4. Add cooked chickpeas and 1/2 cup water. Simmer for 10 minutes.

5. Garnish with fresh coriander and serve with rice or roti.

Healthy? Yes, high in protein, fiber, and essential minerals.

Tip: Add spinach or kale for extra nutrients.

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Recipe Name: Baingan Bharta / Smoky Eggplant Mash

Type: Vegetarian

Cuisine: Indian

Ingredients:

- 2 medium eggplants
- 1 onion (chopped)
- 2 tomatoes (chopped)
- 2 cloves garlic (minced)
- 1 green chili (optional)
- 1/2 teaspoon cumin seeds
- 1/2 teaspoon turmeric powder
- 1 teaspoon garam masala
- 2 tablespoons oil
- Fresh coriander for garnish

Procedure:

1. Roast the eggplants over an open flame or in the oven until charred and soft. Cool, peel, and mash.
2. Heat oil in a pan, add cumin seeds, and let them splutter.
3. Add onion, garlic, and green chili; sauté until golden.
4. Stir in tomatoes, turmeric, and garam masala; cook until tomatoes soften.
5. Add mashed eggplant, mix well, and cook for 5 minutes.
6. Garnish with fresh coriander and serve with roti or naan.

Healthy? Yes, low in calories and high in fiber.

Tip: Add a smoky flavor by placing a hot charcoal piece in the pan with the dish and covering it for a minute.

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Recipe Name: Stuffed Bell Peppers / Filled Peppers with Quinoa

Type: Vegetarian

Cuisine: American

Ingredients:

- 4 bell peppers (tops cut, seeds removed)
- 1 cup cooked quinoa or rice
- 1/2 cup black beans (cooked or canned)
- 1/2 cup corn kernels
- 1/2 cup diced tomatoes
- 1 teaspoon cumin powder
- 1/2 teaspoon chili powder
- 1 tablespoon olive oil
- Salt and pepper to taste
- Grated cheese or vegan cheese (optional)

Procedure:

1. Preheat oven to 375°F (190°C).
2. In a bowl, mix quinoa/rice, black beans, corn, tomatoes, cumin, chili powder, salt, and pepper.
3. Stuff the mixture into the bell peppers. Top with cheese if desired.
4. Place the peppers in a baking dish, drizzle with olive oil, and cover with foil.
5. Bake for 25-30 minutes, removing the foil in the last 10 minutes.
6. Serve warm.

Healthy? Yes, it's rich in protein, fiber, and vitamins.

Tip: For extra flavor, add chopped cilantro and a squeeze of lime before serving.

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Recipe Name: Vegetable Manchurian / Indo-Chinese Veggie Balls

Type: Vegetarian

Cuisine: Indo-Chinese

Ingredients:

- 1 cup grated cabbage
- 1/2 cup grated carrots
- 1/4 cup finely chopped bell peppers
- 2 tablespoons cornstarch
- 2 tablespoons all-purpose flour (or whole wheat flour)
- 1 teaspoon soy sauce
- Salt and pepper to taste
- Oil for frying

For the Sauce:

- 1 tablespoon oil
- 2 cloves garlic (minced)
- 1 teaspoon ginger (minced)
- 1/2 cup chopped spring onions
- 2 tablespoons soy sauce
- 1 tablespoon ketchup
- 1 teaspoon chili sauce (optional)
- 1/2 cup water
- 1 teaspoon cornstarch dissolved in 2 tablespoons water

Procedure:

1. Mix cabbage, carrots, bell peppers, cornstarch, flour, soy sauce, salt, and pepper into a dough-like mixture. Shape into small balls.
2. Deep-fry or air-fry the balls until golden brown. Set aside.
3. Heat oil in a pan, sauté garlic, ginger, and spring onions.
4. Add soy sauce, ketchup, chili sauce, and water. Bring to a boil.
5. Stir in the cornstarch mixture and simmer until sauce thickens.
6. Add the fried balls, toss to coat, and serve hot.

Healthy? Moderately healthy. Use an air fryer to reduce oil content.

Tip: Serve with steamed rice or noodles for a complete meal.

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Recipe Name: Veggie Burgers / Lentil Burgers

Type: Vegetarian

Cuisine: American

Ingredients:

- 1 cup cooked lentils (or black beans)
- 1/2 cup grated carrot
- 1/2 cup chopped spinach
- 1/4 cup breadcrumbs
- 1 tablespoon soy sauce
- 1 teaspoon garlic powder
- 1/2 teaspoon cumin powder
- 1/4 teaspoon smoked paprika
- Salt and pepper to taste
- 1 tablespoon olive oil
- Whole wheat burger buns
- Lettuce, tomato, onion, and other toppings (optional)

Procedure:

1. In a bowl, mash the cooked lentils or black beans.
2. Add grated carrot, chopped spinach, breadcrumbs, soy sauce, garlic powder, cumin, paprika, salt, and pepper. Mix until well combined.
3. Form the mixture into patties.
4. Heat olive oil in a pan, cook the patties for 3-4 minutes on each side until golden brown.
5. Toast the buns and assemble with your favorite toppings.
6. Serve with a side of baked sweet potato fries or a salad.

Healthy? Yes, high in fiber and plant-based protein.

Tip: For a gluten-free option, use gluten-free breadcrumbs or oats.

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Recipe Name: Veggie Frittata / Vegetable Egg Bake

Type: Vegetarian

Cuisine: Mediterranean

Ingredients:

- 6 large eggs (or egg substitute)
- 1/2 cup milk (dairy or plant-based)
- 1/2 cup diced bell peppers
- 1/2 cup chopped spinach
- 1/4 cup diced onions
- 1/4 cup grated cheese (optional)
- 1 tablespoon olive oil
- Salt and pepper to taste
- Fresh herbs (basil, parsley) for garnish

Procedure:

1. Preheat your oven to 375°F (190°C).
2. Heat olive oil in an ovenproof skillet, sauté onions, bell peppers, and spinach until softened.
3. In a bowl, whisk together eggs, milk, salt, and pepper.

4. Pour the egg mixture into the skillet, stirring gently to combine with the vegetables.
5. Cook on the stovetop for 2-3 minutes until the edges start to set.
6. Transfer the skillet to the oven and bake for 10-12 minutes, until the eggs are fully set.
7. Garnish with fresh herbs and serve warm.

Healthy? Yes, a high-protein, low-carb meal.

Tip: You can add other veggies like mushrooms, tomatoes, or zucchini to customize the frittata.

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Recipe Name: Cabbage Stir-Fry / Stir-Fried Cabbage

Type: Vegetarian

Cuisine: Asian

Ingredients:

- 1 small head of cabbage (shredded)
- 1 tablespoon sesame oil
- 1 onion (sliced)
- 2 cloves garlic (minced)
- 1-inch ginger (minced)
- 1 tablespoon soy sauce
- 1 teaspoon rice vinegar
- 1 tablespoon sesame seeds
- Salt and pepper to taste

Procedure:

1. Heat sesame oil in a large pan over medium heat.
2. Add onions, garlic, and ginger; sauté until fragrant.
3. Add shredded cabbage and stir-fry for 5-7 minutes until tender yet crunchy.
4. Add soy sauce and rice vinegar, tossing the cabbage to coat evenly.
5. Season with salt and pepper, then sprinkle sesame seeds on top.
6. Serve as a side dish or with steamed rice.

Healthy? Yes, it's low in calories and packed with fiber and vitamins.

Tip: You can add a protein source like tofu or edamame to make it a complete meal.

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Recipe Name: Zucchini Noodles with Pesto / Pesto Zoodles

Type: Vegetarian

Cuisine: Italian

Ingredients:

- 2 large zucchinis (spiralized into noodles)
- 1/4 cup pine nuts (or walnuts)
- 1 cup fresh basil leaves
- 1/4 cup grated Parmesan (optional)
- 1/4 cup olive oil
- 2 cloves garlic
- Salt and pepper to taste

Procedure:



1. In a food processor, combine basil, garlic, pine nuts, Parmesan, olive oil, salt, and pepper. Blend until smooth.
2. In a pan, heat a little olive oil and sauté the zucchini noodles for 2-3 minutes until tender but not mushy.
3. Toss the zucchini noodles with the prepared pesto sauce.
4. Serve immediately with extra grated Parmesan if desired.

Healthy? Yes, it's low in carbs and calories, packed with vitamins, and a great source of healthy fats from olive oil and nuts.

Tip: You can add cherry tomatoes or grilled veggies for extra flavor and texture.

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Recipe Name: Sweet Potato and Black Bean Tacos / Vegetarian Tacos

Type: Vegetarian

Cuisine: Mexican

Ingredients:

- 2 medium sweet potatoes (peeled and cubed)
- 1 can black beans (drained and rinsed)
- 1 teaspoon cumin powder
- 1 teaspoon smoked paprika
- 1 tablespoon olive oil
- Salt and pepper to taste
- Corn tortillas
- Fresh cilantro, lime wedges, and avocado for topping

Procedure:

1. Preheat the oven to 400°F (200°C).
2. Toss sweet potato cubes with olive oil, cumin, smoked paprika, salt, and pepper. Spread on a baking sheet and roast for 20-25 minutes, until tender.
3. In a pan, heat the black beans until warmed through.
4. Warm the corn tortillas in a dry pan or oven.
5. Assemble the tacos by placing roasted sweet potatoes and black beans in each tortilla.
6. Top with fresh cilantro, a squeeze of lime, and avocado slices.
7. Serve with a side of salsa or a green salad.

Healthy? Yes, rich in fiber, antioxidants, and healthy fats.

Tip: Use whole wheat or gluten-free tortillas for added health benefits.

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Recipe Name: Aloo Gobi / Potato and Cauliflower Curry

Type: Vegetarian

Cuisine: Indian

Ingredients:

- 2 medium potatoes (peeled and cubed)
- 1 small cauliflower (cut into florets)
- 1 onion (chopped)
- 2 tomatoes (chopped or pureed)
- 1 teaspoon cumin seeds
- 1 teaspoon turmeric powder

- 1 teaspoon coriander powder
- 1 teaspoon cumin powder
- 1 teaspoon garam masala
- 2 tablespoons oil
- Fresh coriander for garnish
- Salt to taste

Procedure:

1. Heat oil in a pan and add cumin seeds. Once they splutter, add chopped onions and sauté until golden brown.
2. Add turmeric, coriander powder, cumin powder, and chopped tomatoes. Cook until the oil separates.
3. Add cubed potatoes and cauliflower florets, stir well, and cook for 2 minutes.
4. Add enough water to cover the vegetables, season with salt, and cook on low heat for 15-20 minutes, until the vegetables are tender.
5. Sprinkle garam masala, garnish with fresh coriander, and serve with roti or rice.

Healthy? Yes, this dish is a great source of fiber, vitamins, and antioxidants.

Tip: For a richer flavor, add a teaspoon of ginger-garlic paste while sautéing the onions.

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Recipe Name: Tofu Makhani / Butter Tofu Curry

Type: Vegetarian

Cuisine: Indian

Ingredients:

- 200g tofu (cubed)
- 2 onions (finely chopped)
- 2 tomatoes (pureed)
- 1 tablespoon ginger-garlic paste
- 1 teaspoon garam masala
- 1 teaspoon turmeric powder
- 1/2 teaspoon chili powder
- 1/2 cup cashew paste (optional for creaminess)
- 2 tablespoons butter or ghee
- 1 tablespoon oil
- Fresh coriander for garnish
- Salt to taste

Procedure:

1. Heat oil and butter in a pan, add onions, and sauté until golden brown.
2. Add ginger-garlic paste and sauté for another minute.
3. Add pureed tomatoes, turmeric, chili powder, and garam masala. Cook until the oil separates from the masala.
4. Add tofu cubes and mix gently, coating them with the masala.
5. Stir in cashew paste (if using) and a little water to achieve a creamy consistency. Cook for 5-7 minutes.
6. Garnish with fresh coriander and serve hot with naan or rice.

Healthy? Yes, it's protein-rich from tofu and contains healthy fats from cashews.

Tip: For a vegan version, replace butter with more oil or coconut oil and skip the dairy-based cream.

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Recipe Name: Vegetable Korma / Mixed Vegetable Curry

Type: Vegetarian

Cuisine: Indian

Ingredients:

- 1 cup mixed vegetables (carrots, peas, beans, potatoes)
- 1 onion (chopped)
- 2 tomatoes (pureed)
- 1/4 cup cashew nuts (soaked)
- 1 tablespoon ginger-garlic paste
- 1 teaspoon cumin seeds
- 1 teaspoon coriander powder
- 1/2 teaspoon turmeric powder
- 1 teaspoon garam masala
- 1 tablespoon yogurt (optional)
- 2 tablespoons oil
- Salt to taste

Procedure:

1. Heat oil in a pan and add cumin seeds. Once they splutter, add onions and sauté until golden brown.
2. Add ginger-garlic paste and cook for a minute.
3. Add pureed tomatoes, turmeric, coriander powder, and garam masala. Cook until the oil separates.
4. Grind the soaked cashew nuts into a smooth paste and add to the pan.
5. Add mixed vegetables, a little water, and cook until tender.
6. Stir in yogurt (if using) and simmer for 5 minutes. Serve hot with naan or rice.

Healthy? Yes, it's a nutrient-packed dish rich in vitamins and healthy fats from cashews.

Tip: You can substitute the cashews with almonds or coconut milk for a different flavor.

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Recipe Name: Pulao with Mixed Vegetables / Vegetable Rice Pilaf

Type: Vegetarian

Cuisine: Indian

Ingredients:

- 1 cup basmati rice
- 1/2 cup carrots (diced)
- 1/2 cup beans (chopped)
- 1/2 cup peas
- 1 onion (sliced)
- 2 cloves garlic (minced)
- 1 teaspoon cumin seeds
- 1 cinnamon stick
- 2-3 cloves
- 1 bay leaf
- 2 cups water
- 1 tablespoon ghee or oil
- Salt to taste

Procedure:

1. Rinse basmati rice and soak it for 20 minutes.

2. Heat ghee or oil in a pan, add cumin seeds, cinnamon stick, cloves, and bay leaf. Sauté until aromatic.
3. Add sliced onions and garlic; sauté until golden.
4. Add the mixed vegetables and cook for 5 minutes.
5. Stir in rice and cook for 2 minutes.
6. Add water and salt, bring it to a boil, then cover and simmer for 15 minutes, until the rice is cooked.
7. Serve with raita or curry.

Healthy? Yes, it's rich in fiber, vitamins, and essential nutrients from vegetables.

Tip: For extra flavor, add a few saffron strands soaked in warm water to the rice before cooking.

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Recipe Name: Baingan Bharta / Smoked Eggplant Curry

Type: Vegetarian

Cuisine: Indian

Ingredients:

- 2 large eggplants
- 1 onion (chopped)
- 2 tomatoes (chopped)
- 1 teaspoon cumin seeds
- 1/2 teaspoon turmeric powder
- 1 teaspoon cumin powder
- 1 teaspoon garam masala
- 2 tablespoons oil
- Salt to taste
- Fresh coriander for garnish

Procedure:

1. Roast the eggplants directly on an open flame or in the oven until the skin is charred and the inside is soft. Cool and peel the skin. Mash the flesh.
2. Heat oil in a pan, add cumin seeds, and sauté onions until golden.
3. Add tomatoes, turmeric, cumin powder, and garam masala. Cook until the oil separates.
4. Add the mashed eggplant, stir well, and cook for 5-7 minutes.
5. Garnish with fresh coriander and serve hot with roti or rice.

Healthy? Yes, it's a low-calorie dish high in fiber, vitamins, and antioxidants.

Tip: For a smoky flavor, place a small piece of charcoal on a spoon, heat it on the stove, and place it in the pan with the curry for a few minutes.

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Recipe Name: Chicken Tikka Masala / Chicken Masala

Type: Non-Veg

Cuisine: Indian

Ingredients:

- 500g chicken breast (boneless, cut into cubes)
- 1/2 cup yogurt
- 1 tablespoon lemon juice
- 1 tablespoon ginger-garlic paste
- 1 teaspoon chili powder

- 1 teaspoon garam masala
- 1 teaspoon cumin powder
- Salt to taste
- 2 tablespoons oil
- 1 onion (chopped)
- 2 tomatoes (pureed)
- 1/2 cup heavy cream
- Fresh coriander for garnish

Procedure:

1. Marinate chicken in yogurt, lemon juice, ginger-garlic paste, chili powder, garam masala, cumin powder, and salt for at least 1 hour.
2. Heat oil in a pan, sauté onions until golden, then add pureed tomatoes and cook until oil separates.
3. Add marinated chicken and cook until browned.
4. Stir in cream and simmer for 10 minutes.
5. Garnish with coriander and serve with rice or naan.

Healthy? Moderately healthy, though high in cream.

Tip: For a lighter version, substitute cream with coconut milk or use less oil.

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Recipe Name: Butter Chicken / Murgh Makhani

Type: Non-Veg

Cuisine: Indian

Ingredients:

- 500g chicken (boneless, cubed)
- 1/2 cup yogurt
- 2 tablespoons ginger-garlic paste
- 1 teaspoon chili powder
- 1 teaspoon turmeric powder
- 1 tablespoon lemon juice
- 2 tablespoons butter
- 1 onion (chopped)
- 2 tomatoes (pureed)
- 1/2 cup cream
- Salt to taste

Procedure:

1. Marinate chicken in yogurt, ginger-garlic paste, chili powder, turmeric, and lemon juice for 1 hour.
2. Heat butter in a pan, sauté onions until golden, then add pureed tomatoes and cook for 5 minutes.
3. Add marinated chicken, cook until browned.
4. Stir in cream and simmer for 10 minutes.
5. Serve with naan or rice.

Healthy? Rich in flavor but high in fat due to butter and cream.

Tip: Use low-fat yogurt and cream for a healthier version.

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Recipe Name: Mutton Rogan Josh / Lamb Rogan Josh

Type: Non-Veg

Cuisine: Indian

Ingredients:

- 500g mutton (bone-in pieces)
- 1 onion (chopped)
- 2 tomatoes (pureed)
- 1 tablespoon ginger-garlic paste
- 2 teaspoons coriander powder
- 1 teaspoon cumin powder
- 1 teaspoon turmeric powder
- 1 teaspoon garam masala
- 1/4 cup yogurt
- 2 tablespoons oil
- Salt to taste

Procedure:

1. Heat oil in a pan, sauté onions until golden. Add ginger-garlic paste and sauté for a minute.
2. Stir in coriander powder, cumin powder, turmeric, and garam masala. Cook for 2 minutes.
3. Add mutton pieces and brown them.
4. Add pureed tomatoes and cook until the oil separates.
5. Stir in yogurt, add water, and cook on low heat for 45 minutes until the mutton is tender.
6. Serve with rice or naan.

Healthy? Moderately healthy, provides protein and iron but high in fat.

Tip: Use lean cuts of mutton for a healthier option.

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Recipe Name: Fish Curry / Meen Curry

Type: Non-Veg

Cuisine: Indian

Ingredients:

- 500g fish (such as tilapia or cod, cut into pieces)
- 1 onion (chopped)
- 2 tomatoes (pureed)
- 1 tablespoon ginger-garlic paste
- 1 teaspoon turmeric powder
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- 2 tablespoons tamarind paste
- 1/2 cup coconut milk
- 2 tablespoons oil
- Fresh coriander for garnish
- Salt to taste

Procedure:

1. Heat oil in a pan, sauté onions until golden, then add ginger-garlic paste and cook for a minute.
2. Add turmeric, cumin, coriander powder, and cook for 2 minutes.
3. Stir in pureed tomatoes and tamarind paste, cook for 5 minutes.

4. Add fish pieces and simmer for 10 minutes.
5. Stir in coconut milk and cook for another 5 minutes.
6. Garnish with coriander and serve with rice.

Healthy? Yes, it's rich in protein and omega-3 fatty acids.

Tip: Use light coconut milk for a lower-fat version.

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Recipe Name: Prawn Masala / Shrimp Masala

Type: Non-Veg

Cuisine: Indian

Ingredients:

- 500g prawns (peeled and deveined)
- 1 onion (chopped)
- 2 tomatoes (pureed)
- 1 tablespoon ginger-garlic paste
- 1 teaspoon cumin powder
- 1 teaspoon turmeric powder
- 1 teaspoon garam masala
- 2 tablespoons oil
- Fresh coriander for garnish
- Salt to taste

Procedure:

1. Heat oil in a pan, sauté onions until golden, then add ginger-garlic paste and cook for 2 minutes.
2. Stir in cumin powder, turmeric, and garam masala, cook for 2 minutes.
3. Add pureed tomatoes and cook until the oil separates.
4. Add prawns, cook for 5 minutes until they turn pink.
5. Garnish with coriander and serve with rice or roti.

Healthy? Yes, prawns are low in calories and high in protein.

Tip: Avoid overcooking the prawns, as they can become tough.

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Recipe Name: Chicken Korma / Murgh Korma

Type: Non-Veg

Cuisine: Indian

Ingredients:

- 500g chicken (boneless, cubed)
- 1 onion (chopped)
- 1/4 cup cashew paste
- 1 tablespoon ginger-garlic paste
- 1 teaspoon coriander powder
- 1 teaspoon garam masala
- 1/2 cup yogurt
- 2 tablespoons cream
- 2 tablespoons oil
- Salt to taste

Procedure:

1. Heat oil in a pan, sauté onions until golden, then add ginger-garlic paste and sauté for another minute.
2. Stir in coriander powder, garam masala, and cook for 2 minutes.
3. Add chicken and cook until browned.
4. Add cashew paste and yogurt, stir well, and cook for 10 minutes.
5. Stir in cream and simmer for 5 more minutes.
6. Serve with naan or rice.

Healthy? Moderately healthy, but high in fat and calories due to cream and cashews.

Tip: Use low-fat yogurt and cream for a healthier version.

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Recipe Name: Chicken Biryani / Hyderabad Biryani

Type: Non-Veg

Cuisine: Indian

Ingredients:

- 500g chicken (marinated with yogurt, chili powder, turmeric, garam masala)
- 2 cups basmati rice
- 2 onions (sliced)
- 2 tomatoes (chopped)
- 1 tablespoon ginger-garlic paste
- 1/2 cup yogurt
- 2 tablespoons oil
- 1 cinnamon stick, 3 cloves, 2 cardamom pods
- 2 cups water
- Fresh coriander and mint for garnish
- Salt to taste

Procedure:

1. Heat oil in a large pot, sauté onions until golden.
2. Add ginger-garlic paste and cook for a minute.
3. Stir in tomatoes, and cook until soft, then add marinated chicken and cook until browned.
4. Add yogurt, cinnamon stick, cloves, and cardamom pods, then cook for 5 minutes.
5. In another pot, cook basmati rice with water and salt until 80% cooked.
6. Layer the rice over the chicken mixture, cover, and cook on low heat for 20 minutes.
7. Garnish with coriander and mint and serve.

Healthy? High in calories but full of protein and spices.

Tip: Use brown rice for extra fiber.

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Recipe Name: Chicken Shawarma

Type: Non-Veg

Cuisine: Middle Eastern

Ingredients:

- 500g chicken thighs (boneless, skinless)
- 2 tablespoons olive oil
- 1 tablespoon cumin powder



- 1 tablespoon paprika
- 1 teaspoon garlic powder
- 1 teaspoon turmeric powder
- Salt and pepper to taste
- Pita bread
- Fresh vegetables (tomatoes, lettuce, cucumber)
- Tahini sauce or garlic sauce

Procedure:

1. Marinate chicken thighs in olive oil, cumin, paprika, garlic powder, turmeric, salt, and pepper for at least 1 hour.
2. Grill or cook chicken in a pan until fully cooked and slightly charred.
3. Slice the chicken and serve in pita bread with fresh vegetables and sauce.

Healthy? Yes, chicken is a great source of lean protein.

Tip: Skip the pita bread and serve with a salad for a low-carb option.

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Recipe Name: Lamb Vindaloo / Lamb Curry

Type: Non-Veg

Cuisine: Indian

Ingredients:

- 500g lamb (cubed)
- 1 onion (chopped)
- 2 tomatoes (pureed)
- 2 tablespoons vinegar
- 1 tablespoon ginger-garlic paste
- 1 teaspoon chili powder
- 1 teaspoon turmeric powder
- 1 tablespoon garam masala
- 2 tablespoons oil
- Salt to taste

Procedure:

1. Heat oil in a pan, sauté onions until golden.
2. Add ginger-garlic paste and cook for 2 minutes.
3. Stir in chili powder, turmeric, garam masala, and cook for 1 minute.
4. Add lamb cubes and cook until browned.
5. Add pureed tomatoes, vinegar, and a little water. Simmer for 30 minutes until tender.
6. Serve with rice or naan.

Healthy? Provides protein and iron but can be high in fat.

Tip: Use lean cuts of lamb for a healthier version.

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Recipe Name: Crab Curry / Crab Masala

Type: Non-Veg

Cuisine: Indian

Ingredients:

- 500g crab (cleaned and cut into pieces)
- 1 onion (chopped)
- 2 tomatoes (pureed)
- 1 tablespoon ginger-garlic paste
- 1 teaspoon turmeric powder
- 1 teaspoon coriander powder
- 1 teaspoon cumin powder
- 2 tablespoons oil
- Fresh coriander for garnish
- Salt to taste

Procedure:

1. Heat oil in a pan, sauté onions until golden, then add ginger-garlic paste and cook for 2 minutes.
2. Stir in turmeric, coriander powder, cumin powder, and cook for 2 minutes.
3. Add pureed tomatoes and cook until the oil separates.
4. Add crab pieces and cook for 10 minutes until they turn red.
5. Garnish with coriander and serve with rice.

Healthy? Yes, crab is low in fat and high in protein.

Tip: Serve with a side of sautéed vegetables to add more fiber.

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Recipe Name: Chicken Do Pyaza

Type: Non-Veg

Cuisine: Indian

Ingredients:

- 500g chicken (boneless, cubed)
- 2 onions (sliced)
- 1 onion (chopped)
- 2 tomatoes (pureed)
- 1 tablespoon ginger-garlic paste
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- 1 teaspoon garam masala
- 2 tablespoons yogurt
- 2 tablespoons oil
- Fresh coriander for garnish
- Salt to taste

Procedure:

1. Heat oil in a pan, sauté chopped onions until golden, then add ginger-garlic paste and cook for 1 minute.
2. Add the sliced onions and cook until they turn soft.
3. Stir in cumin powder, coriander powder, and garam masala, and cook for 2 minutes.
4. Add pureed tomatoes and cook until the oil separates.
5. Add chicken pieces, yogurt, and cook on low heat until the chicken is tender.
6. Garnish with coriander and serve with rice or naan.

Healthy? Yes, it is protein-rich, but you can make it lighter by reducing oil and using less yogurt.

Tip: You can add bell peppers or peas for extra veggies.

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Recipe Name: Tandoori Chicken / Tandoori Murgh

*Cuisine: Indian / Non-Veg*

Ingredients: • 500g chicken (bone-in)

- 1/2 cup yogurt
- 1 tablespoon lemon juice
- 1 tablespoon ginger-garlic paste
- 1 teaspoon turmeric powder
- 1 teaspoon chili powder
- 1 teaspoon garam masala
- Salt to taste
- Fresh coriander for garnish

Procedure:

1. Marinate chicken in yogurt, lemon juice, ginger-garlic paste, turmeric, chili powder, garam masala, and salt for at least 1-2 hours.
2. Preheat the oven to 200°C (400°F).
3. Place the marinated chicken on a baking tray and bake for 30-35 minutes, until cooked and slightly charred.
4. Garnish with coriander and serve with naan or salad.

Healthy? Yes, especially if you bake or grill it instead of frying.

Tip: Serve with a side of cucumber raita to balance the spices.

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Recipe Name: Fish Fry / Masala Fish Fry

*Cuisine: Indian / Non-Veg*

Ingredients: • 500g fish fillets (like tilapia or pomfret)

- 1 tablespoon ginger-garlic paste
- 1 teaspoon turmeric powder
- 1 teaspoon chili powder
- 1/2 teaspoon coriander powder
- 1 tablespoon lemon juice
- 2 tablespoons rice flour
- Salt to taste
- Oil for frying

Procedure:

1. Marinate the fish fillets with ginger-garlic paste, turmeric, chili powder, coriander powder, lemon juice, and salt for 30 minutes.
2. Coat the marinated fish with rice flour to give it a crisp texture.
3. Heat oil in a pan and shallow fry the fish fillets until golden and crispy.
4. Serve hot with a wedge of lemon.

Healthy? Yes, it's a light dish if you use minimal oil.

Tip: Use an air fryer for a healthier, oil-free version.

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Recipe Name: Mutton Keema / Minced Mutton

*Cuisine: Indian / Non-Veg*

Ingredients: • 500g mutton (minced)

- 1 onion (chopped)
- 1 tomato (chopped)
- 1 tablespoon ginger-garlic paste
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- 1/2 teaspoon garam masala
- 1/4 cup peas
- 2 tablespoons oil
- Salt to taste

Procedure:

1. Heat oil in a pan, sauté onions until golden.
2. Add ginger-garlic paste and cook for a minute.
3. Stir in tomatoes, cumin powder, coriander powder, and garam masala. Cook until the oil separates.
4. Add minced mutton and cook until browned.
5. Stir in peas and cook for another 10-15 minutes.
6. Serve with naan or rice.

Healthy? Moderately healthy, provides protein and iron but can be high in fat.

Tip: Use lean minced meat for a healthier option.

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Recipe Name: Prawn Malai Curry

*Cuisine: Indian / Non-Veg*

Ingredients: • 500g prawns (peeled and deveined)

- 1 onion (chopped)
- 2 tomatoes (pureed)
- 1 tablespoon ginger-garlic paste
- 1 teaspoon turmeric powder
- 1 teaspoon cumin powder
- 1/2 cup coconut milk
- 2 tablespoons oil
- Fresh coriander for garnish
- Salt to taste

Procedure:

1. Heat oil in a pan, sauté onions until golden, then add ginger-garlic paste and cook for 1 minute.
2. Stir in turmeric, cumin powder, and cook for 2 minutes.
3. Add pureed tomatoes and cook until the oil separates.
4. Add prawns, and cook until they turn pink (about 5-7 minutes).
5. Stir in coconut milk and simmer for 5 more minutes.
6. Garnish with coriander and serve with rice.

Healthy? Yes, prawns are low in calories and rich in protein, and coconut milk adds healthy fats.

Tip: You can replace coconut milk with yogurt for a lighter version.

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Recipe Name: Chicken Chettinad / Chettinad Chicken Curry

*Cuisine: South Indian / Non-Veg*

Ingredients: • 500g chicken (boneless, cubed)

- 1 onion (chopped)
- 2 tomatoes (pureed)
- 1 tablespoon ginger-garlic paste
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- 1 teaspoon fennel seeds
- 1 teaspoon chili powder
- 1/2 teaspoon turmeric powder
- 2 tablespoons oil
- Fresh coriander for garnish
- Salt to taste

Procedure:

1. Heat oil in a pan, sauté onions until golden. Add ginger-garlic paste and cook for a minute.
2. Stir in cumin, coriander powder, fennel seeds, chili powder, and turmeric. Cook for 2 minutes.
3. Add pureed tomatoes and cook until the oil separates.
4. Add chicken pieces and cook until browned.
5. Add water to make a gravy and cook until the chicken is tender.
6. Garnish with coriander and serve with rice or paratha.

Healthy? Yes, it's a flavorful dish that's high in protein but can be rich in oil.

Tip: Use less oil for a lighter version.

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Recipe Name: Crab Masala / Crab Curry

*Cuisine: Indian / Non-Veg*

Ingredients: • 500g crab (cleaned and cut into pieces)

- 1 onion (chopped)
- 2 tomatoes (pureed)
- 1 tablespoon ginger-garlic paste
- 1 teaspoon cumin powder
- 1 teaspoon chili powder
- 1 teaspoon coriander powder
- 1/2 teaspoon turmeric powder
- 2 tablespoons oil
- Fresh coriander for garnish
- Salt to taste

Procedure:

1. Heat oil in a pan, sauté onions until golden, then add ginger-garlic paste and cook for a minute.
2. Stir in cumin powder, coriander powder, chili powder, turmeric powder, and cook for 2 minutes.

3. Add pureed tomatoes and cook until the oil separates.
4. Add crab pieces and cook for 15-20 minutes until the crab is cooked through.
5. Garnish with coriander and serve with roti or rice.

Healthy? Yes, crab is low in fat and high in protein.

Tip: Serve with a side of sautéed vegetables for added fiber.

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Recipe Name: Chicken Vindaloo / Vindaloo Chicken Curry

*Cuisine: Indian / Non-Veg*

Ingredients: • 500g chicken (cubed)

- 1 onion (chopped)
- 2 tomatoes (pureed)
- 1 tablespoon ginger-garlic paste
- 2 tablespoons vinegar
- 1 teaspoon chili powder
- 1 teaspoon cumin powder
- 1 teaspoon garam masala
- 1/2 teaspoon turmeric powder
- 2 tablespoons oil
- Salt to taste

Procedure:

1. Heat oil in a pan, sauté onions until golden, then add ginger-garlic paste and cook for 1 minute.
2. Stir in chili powder, cumin powder, turmeric powder, and garam masala. Cook for 2 minutes.
3. Add pureed tomatoes and cook until the oil separates.
4. Add chicken cubes and cook until browned.
5. Add vinegar, a little water, and cook for 25 minutes until the chicken is tender.
6. Serve with rice or naan.

Healthy? Moderately healthy, though spicy, it offers a good dose of protein.

Tip: You can make it milder by reducing the chili powder.

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Recipe Name: Methi Machli (Fenugreek Fish) / Fish with Fenugreek

*Cuisine: Indian / Non-Veg*

Ingredients:

- 500g fish fillets (like tilapia or bhetki)
- 1 onion (chopped)
- 2 tomatoes (pureed)
- 1 tablespoon ginger-garlic paste
- 1 teaspoon turmeric powder
- 1 teaspoon cumin powder
- 1 tablespoon dried fenugreek leaves (kasuri methi)
- 2 tablespoons oil
- Salt to taste

Procedure:

1. Heat oil in a pan, sauté onions until golden, then add ginger-garlic paste and cook for 1 minute.
2. Stir in turmeric powder, cumin powder, and cook for 2 minutes.
3. Add pureed tomatoes and cook until the oil separates.
4. Add fish fillets and cook for 10 minutes.
5. Stir in fenugreek leaves, and cook for 5 more minutes.
6. Serve with rice or roti.

Healthy? Yes, fish is low in calories and rich in protein and omega-3 fatty acids.

Tip: Add a squeeze of lemon juice for added flavor and freshness.

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Recipe Name: Lamb Shank Curry / Gosht Shank Curry

*Cuisine: Indian / Non-Veg*

Ingredients: • 500g lamb shanks

- 1 onion (chopped)
- 2 tomatoes (pureed)
- 1 tablespoon ginger-garlic paste
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- 1/2 teaspoon turmeric powder
- 1 teaspoon garam masala
- 2 tablespoons oil
- Salt to taste

Procedure:

1. Heat oil in a pot, sauté onions until golden, then add ginger-garlic paste and cook for 1 minute.
2. Stir in cumin powder, coriander powder, turmeric powder, and garam masala. Cook for 2 minutes.
3. Add pureed tomatoes and cook until the oil separates.
4. Add lamb shanks, and brown them on all sides.
5. Add water and cook on low heat for 1.5 hours until the lamb is tender.
6. Serve with rice or naan.

Healthy? Yes, lamb is high in protein and iron but can be fatty.

Tip: Use a pressure cooker to speed up the cooking process.