

to healthier, happier you

Get ready to elevate your meal prep game with my
15 min Tikka Masala

the creamiest, dreamiest and easiest meal that will become your new obsession
Let's dive into the simple steps:

INGREDIENTS for 1 portion:

Protein Source Marinade:

175g of raw chicken or turkey breast / thigh
or shrimps or tofu
1 cup of 0% fat greek yogurt
1/2 lemon juice
1/2 tsp of cumin
2 tsp of garam masala
2 tsp of salt (adjust if need)
1 tsp of garlic powder
1/2 tsp of red chili powder
2 tsp of grated ginger

Sauce:

1 tbsp of olive oil
1/2 onion
2 garlic cloves
1 cup of tomato sauce / tomato puree
1/4 cup of light cream
1/4 cup of water
1/2 tsp of cumin
2 tsp of garam masala
1 tsp of garlic powder
1/2 tsp of red chili powder
1 tsp of salt (adjust if need)

Serving:

100g of cooked rice or 1 naan (check page 2
for my easy homemade naan recipe)
chopped cilantro to garnish

INSTRUCTIONS:

In a large bowl, combine all the ingredients for the protein source marinade. Mix well to coat the pieces evenly. Cover and set aside - for a more intense flavor, refrigerate preferably overnight.

Heat olive oil in a large skillet over medium-high heat and grill the protein source until fully cooked and slightly charred around the edges. Remove from the heat and set aside, reduce the heat, add chopped onion, garlic, ginger paste and spices and sauté until soft and translucent, about 5 minutes.

Pour in the tomato sauce, light cream, salt and stir well to combine all the ingredients. Let it cook for 5 minutes, allowing the flavors to meld together and the sauce to thicken slightly.

Add the protein source, and let mixture simmer for about 4-5 minutes. Serve the Tikka Masala hot, garnished with fresh cilantro leaves, pair it with rice or naan bread for a complete meal and ENJOY!

arise

BY NICOLINA

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you're craving that soft, fluffy naan
Well, guess what? Today, I've got your back!
I'm about to spill the secrets to making the perfect
naan right in your own kitchen

Let's dive into the simple steps:

INGREDIENTS for 8 Naans:

507g of all purpose flour
1 tbsp instant dry yeast
2 tsp of salt
1/2 tsp of baking soda
1 tsp baking powder
186g 0% fat greek yogurt
240g of warm water (too hot or cold will kill the yeast)
1 tbsp of olive oil
1 tbsp of minced cilantro

INSTRUCTIONS:

In a large bowl, combine all the dry ingredients and mix it. Add yogurt and warm water to another bowl and mix well together, Add to the dry ingredients, and with a wood spoon mix for 5 minutes until you have a sticky ball - don't add flour!

Flour your work surface, dump out the dough and sprinkle it flour - knead once or twice to form a ball. Cut the dough into 8 pieces and form 8 balls (it will be sticky) and dampen your hands to be easier - don't add any more flour, unless it is impossible sticky.

Oil a sheet of parchment paper, and place the 8 dough balls and cover with a layer of oil (use a brush or spray oil), cover with a damp towel and let it rise for 1 hour.

After 1 hour, flour your work surface, use a rolling pin to roll each ball flat and let it rest for 10 minutes in a single layer. do not overlap them!

Preheat a cast iron pan for 5 minutes on high heat, add one naan to the pan and cook until bubbles start to grow on top of the naan (30-60 seconds), flip, and cook the other side. Transfer it for a plate and cover with a towel to keep warm and fluffy. Brush it with some olive oil and cilantro ... and ENJOY!

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