

to healthier, happier you

Get ready to elevate your meal prep game with my
20 min Safed Chicken

It's creamy, dreamy, cozy and oh-so-easy to make! Perfect for busy weeknights, lazy Sundays and meal prepping for the whole week! Let's dive into the simple steps:

INGREDIENTS for 1 portion:

100g of cooked rice or 1 naan (check page 2 for my easy homemade naan recipe)
chopped cilantro to garnish
green chili (optional)
½ onion
4 garlic cloves
1 tsp of grated ginger
¼ cup of light milk and light cream
¼ cup of water
1 tsp fennel seeds
2 tsp cumin
1 tsp of cardamom pods
1 tsp of fenugreek
10 peeled almonds
salt to taste

INSTRUCTIONS:

Heat olive oil in a large skillet over medium-high heat, add 1 tbsp of green chilis and 2 smashed garlic cloves, grill the protein source until fully cooked and slightly charred around the edges. Remove from the heat and set aside, reduce the heat, add the fennel, cumin, cardamom, onion, garlic, ginger and fenugreek and sauté until soft and translucent, about 5 minutes.

Pour in the peeled almonds, salt to taste and water, let it boil. Let this mixture cool down and blend everything until smooth. Transfer this cream into the skillet again and add light cream, adjust salt if needed 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 Safed Chicken hot, garnished with fresh cilantro leaves, pair it with rice or naan bread for a complete meal and ENJOY!

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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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