



# RECIPES FROM THE JN1 KITCHEN

05-04-2018

## STEAMED SPROUTS

### Ingredients

Sprouts (अंकुरित)-100gms(steamed)  
Ginger(अदरक)- a small piece  
Mustard seeds(सरसों)-1/2tsp  
Salt(नमक)- to taste

Onion(प्याज)- 1 medium(chopped)  
Chili powder(लाल मिर्च पाउडर)- 1tsp  
Asafoetida(हींग)- a pinch

Curry leaves(करी पत्ता)- for seasoning  
Turmeric(हल्दी)- a pinch  
Oil(तेल)- 2tsp

### Method:-

1. Steam the sprouts, keep it aside.
2. Heat oil in a pan, add mustard seeds, asafoetida, curry leaves & the other ingredients, sauté.
3. Add the steamed sprouts, mix well.
4. Serve garnished with coriander leaves

## AMARANTHUS LEAVES & DAL SOUP

### Ingredients

Veg stock (सब्जी का सूप) – 1 cup  
Onion (प्याज) -1 med  
Jeera powder (जीरा पाउडर) - ½ tspn  
Tomato (टमाटर) – 1 small

Moong dal (मूंग दाल) – 20 g  
Ginger (अदरक) – a small piece  
Pepper powder (काली मिर्च पाउडर) – ½ tspn

Amaranthus leaves (चौलाई ) – 100 g  
Garlic (लहसुन) – 1 tspn  
Salt (नमक) to taste

### METHOD

1. Steam the sprouts, keep it aside.
2. Heat oil in a pan, add mustard seeds, asafoetida, curry leaves & the other ingredients, sauté.
3. Add the steamed sprouts, mix well.
4. Serve garnished with coriander leaves

## BRINJAL CHUTNEY

### Ingredients

Brinjal(बैंगन)- 2nos  
Coriander powder(धनिया पाउडर)- 1/2tspn  
Salt(नमक)- to taste  
Oil(तेल)-1tspn

Onion(प्याज)-1/2Cup(chopped)  
Cumin powder(जीरा पाउडर)-1/2tspn  
Garlic(लहसुन)-1tspn

Tomato(टमाटर)- 1/2Cup(chopped)  
Garam Masala(गरम मसाला)-1/2tspn  
Curd(दही)-1/2Cup ( optional )

### METHOD

1. Bake the brinjal on direct flame or bake it.
2. Once done, peel the skin and mash it. Keep it aside.
3. Sauté all the above ingredients in a frying pan with little oil for 5-10 mins. Add the mashed brinjal to it & mix well.
4. Switch off the flame & keep it aside for sometime till the mixture cools down.
5. Now add curd, mix well and serve.

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# RECIPES FROM THE JN1 KITCHEN

02-04-2018

**Calories – 120Kcals**

## QUINOA CUTLET

**Serves – 4 no**

### INGREDIENTS:-

Sprouts (अंकुरित)-100gms(steamed)  
Ginger(अदरक)- a small piece  
Mustard seeds(सरसों)-1/2tsp  
Salt(नमक)- to taste

Onion(प्याज)- 1 medium(chopped)  
Chili powder(लाल मिर्च पाउडर)- 1tsp  
Asafoetida(हींग)- a pinch

Curry leaves(करी पत्ता)- for seasoning  
Turmeric(हल्दी)- a pinch  
Oil(तेल)- 2tsp

### Method:-

1. Boil the Quinoa for 15mins. approx., drain & keep it aside.
2. Steam all the vegetables & then sauté them with the spices for a while.
3. Now in a mixing bowl, mix the sautéed vegetables & boiled quinoa together & shape them into cutlets.
4. Coat with bread crumbs & arrange the cutlets in a greased baking tray & bake them until light golden brown in color.
5. Serve hot!

## ALOE-VERA SUBZI

**Calories – 400Kcals**

**Serves – 4 no**

### INGREDIENTS:-

Aloe-vera gel (गावर पत्ता)-1 Cup(cubes)  
Ginger(अदरक)-1/2 tsp(chopped)  
Cinnamon(दालचीनी)- ¼ tsp  
Turmeric pd.(हल्दी पाउडर)- ¼ tsp  
Oil(तेल)- 2 tsp

Onion(प्याज)- ½ Cup(chopped)  
Garlic(लहसुन)-1/2 tsp(chopped)  
Garam masala(गरम मसाला)- ¼ tsp  
Coriander pd.(धनिया पाउडर)- ¼ tsp  
Salt(नमक)- to taste

Tomato(टमाटर)- ½ Cup(chopped)  
Bay leaves(तेज पत्ता)- 1-2 leaves  
Red chili pd.(लाल मिर्च पाउडर)- ¼ tsp  
Cumin pd.(जीरा पाउडर)- ¼ tsp

### Method:-

1. Take the aloe-vera leaves and carefully scoop out the gel from it with the help of a knife.
2. Cut into cubes, wash and steam the gel with little salt & turmeric. Keep it aside.
3. Now heat oil in a pan. Add bay leaves and cinnamon.
4. Sauté garlic, onion and ginger one by one. Add tomatoes and the aloe-vera gel cubes, cook them nicely.
5. Then add the spices and salt and sauté for a while.
6. Once done, serve with hot chapatis/ rotis/ rice.

## TOMATO WITH BASIL SOUP

**Calories – 130Kcals**

**Serves – 2 no**

### INGREDIENTS

Tomato(टमाटर): 100gms  
Onion(प्याज): 1medium  
Basil Leaves(तुलसी की पत्तियां): 4 nos.  
Black Pepper pd. (काली मिर्च पाउडर): to taste

Bottle Gourd(लौकी) : 50gms  
Ginger(अदरक):1tsp  
Oil(तेल)- 2tsp

Carrot (गाजर): 50gms  
Garlic(लहसुन): 2tsp  
Salt(नमक): to taste

### Method:-

1. For Stock: Boil water. Add the diced vegetables to it.
2. Simmer it for 30mins. Then blend it to make a thick stock & keep it aside.
3. In a deep pan, heat oil. Sauté garlic, ginger & onion.
4. Add pepper powder & salt to taste. Now pour the stock to it & add the basil leaves.
5. Simmer for few more minutes.
6. Serve piping hot!

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# RECIPES FROM THE JN1 KITCHEN

19-03-2018

## BARLEY VEGETABLE SOUP

**Calorie: 160 Kcals/serving**

**Serves: 2 Person**

### **Ingredients**

Pearl barley/ <b>जौ का दलिया-</b> - <sup>2</sup> tbsp	Vegetable stock/ <b>सब्जी भंडार</b> – 200 ml	Olive oil/ <b>जैतून का तेल</b> - 1 tsp
Onions/ <b>प्याज</b> - 20 gms chopped	Carrot/ <b>गाजर</b> - 1cup chopped	Celery/- <sup>1</sup> / <sub>2</sub> cup chopped
Mushroom- 1cup thinly sliced optional	Salt- as required	Parsley- <sup>1</sup> / <sub>2</sub> tsp

### **Method:-**

1. In a saucepan, combine the barley and 200ml of vegetable stock.
2. Meanwhile, heat the olive oil in a large pot and add the onion, carrots, celery, and mushrooms.
3. Add the remaining vegetable stock and simmer.
4. Serve garnished with chopped fresh parsley.

## RAGI VEGETABLE NOODLES

**Calorie: 100 Kcals/serving**

**Serves: 2 Person**

### **Ingredients**

Whole wheat/Ragi noodles/ <b>साबुत गेहूं नूडल्स</b> : 1 cup	Vegetable steamed/ <b>सब्जी steamed-</b> - 1 cup
Rajma/ <b>राजमा</b> : <sup>1</sup> / <sub>2</sub> cup ( steamed)	Baked Onion/ <b>पके हुए प्याज</b> – 1 no
Baked Garlic/ <b>बेकड लहसून</b> -4 no	Peanuts(crushed)/ <b>मूंगफली (कुचल)</b> - 2 tsp
Tomato sauce/ <b>टमाटर की चटनी</b> :- 2 tsp	Red chilly powder/ <b>लाल मिर्च पाउडर</b> : <sup>1</sup> / <sub>2</sub> tsp
Soya sauce/ <b>सोया का सालन</b> : 1 tsp	Salt/ <b>नमक</b> - as per taste
Oil/ <b>तेल</b> -1 tsp	

### **Method: -**

1. **Noodles:-** Take water and boil till bubbles start coming, then add little oil, now add the noodles.
2. when noodles are getting cooked add lemon grass and salt during boiling for flavor.
3. Add the cooked noodles with above ingredients to it sauté well.
4. Add crushed peanut and the vegetables, Sauté gently and serve hot.

## KOSAMBARI

**Calorie: 65 Kcals/serving**

**Serves: 4 Person**

### **Ingredients**

<b>Yellow Split Moong (soaked )/ पीले विभाजित मूंग-</b> -1 cup	<b>Cucumber - 1 medium(chopped)/ककड़ी</b> - 1
<b>Carrot/ गाजर</b> - 2 medium grated	<b>Fresh Coriander leaves/ ताजा हरा धनिया</b> -1 tbsp
<b>Lemon Juice/ नींबू का रस</b> - 1 tsp.	<b>Gingerअदरक/-</b> 1/2 tsp grated
<b>Salt to taste</b>	

### **For Tempering/ तड़के के लिए :-**

<b>Oil/ तेल</b> - 1 tsp	<b>Mustard Seeds/ सरसों के बीज</b> - 1/2 tsp	<b>Green Chilies/हरी मिर्च</b> - 2 chopped
<b>Asafoetida/ एक चुटकी हींग</b> – a pinch	<b>Curry leaves-</b> few- करी पत्ते	

### **Method**

1. Place drained beans, cucumber, carrot, coriander, ginger, lemon juice and salt in a bowl.
2. Mix well and set aside.
3. Heat oil in pan, add the mustard seeds and allow the seeds to pop. Add green chilies, and fry for a few seconds.
4. Add asafoetida and remove from the heat.

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