

Veggie Lentil Burrito



COURTESY OF CHEF ROBIN CLAVERIA

INGREDIENTS

1 cup lentils
2 cups veg stock or water
1/2 cup diced Onion
1 glove garlic, minced
1 cup chopped green bell pepper
1/2 teaspoon cumin
1 cup salsa or taco suace .
1 teaspoon olive oil
4 ounces of shredded cheese
6 flour tortillas
Garnish
Handful Chopped cilantro
1 Sliced avocado
2 Tbs Sour cream

DIRECTIONS

1. Wash and drain lentils
2. bring water to a boil with stock ; cover and simmer until just tender (20 minutes)
3. drain if necessary
4. heat oil on medium heat
5. cook onion, garlic, and peppers until crisp
6. stir in lentils, hot sauce and taco sauce or salsa
7. adjust seasoning
8. stir in cheese
9. spoon 1/2 cup of mixture into centre of tortilla



COURTESY OF CHEF STEPHEN WEBSTER

BUTTER CHICKEN MEATBALLS

Ingredients

For chicken

- 600 g (21.16 oz) ground chicken
- 1 tbsp Ginger garlic paste
- 1 tbsp red chilli powder
- 1tbsp Masala
- Salt to taste
- 1/3 cup (42g) dry breadcrumbs
- Oil to pan fry
- 100 grams roughly cut onions
- 1 tbsp garlic paste
- 1/2 tsp garam masala
- 4 tbsp sugar
- 2 tbsp chilli powder
- 5 tbsp butter
- 3 tbsp cream
- 1.5 tbsp White Vinegar
- Salt to taste

Butter chicken sauce

- 500 grams roughly sliced tomatoes

Directions

- First marinate the ground chicken with the ingredients above (ginger paste, garlic paste, red chili powder, masala, salt, and breadcrumbs). Set aside for 15 to 20 minutes, or overnight. Once marinated roll out mini sized meatballs (you can use a tablespoon to measure equal portions).
- In a shallow pan heat the oil and fry the meatballs until they are golden brown. Set aside.
- Remove most of the oil from the pan and add the onions and a tablespoon of butter. Once the onions are cooked add the tomatoes.
- Add garlic paste, salt, vinegar, sugar, garam masala powder, and chili powder. Evenly mix it and let it simmer for 15-20 minutes. You may need to add a little water if the sauce is too thick.
- Once the sauce has simmered transfer to a blender until the mixture is a fine puree.
- Strain it back into the same pan, stirring gently to make sure there is minimal waste.
- Add the remaining butter, cream, and meatballs and let it simmer for 5-7 minutes
- Serve with basmati rice or naan.