

<b>Dish Name : Strawberry and chia smoothie</b>		<b>Portion</b>
<b>Ingredients</b>	<b>Quantity</b>	
Almond Milk	1cup	Approximately 4 glass of smoothie
Milk	1cup	
Strawberry	2 cup	
Banana	1/2 piece	
Honey	4tbsp.	
Chia seed	1tbsp	
Plain Yoghurt	1 cup	
<b>Method</b>		
<ol style="list-style-type: none"> <li>1. Soak chia seed in water for about 10 minutes</li> <li>2. Put all ingredients in blender and blend till smooth consistency</li> <li>3. pour in required serving jar or glass and garnish with fresh strawberry</li> </ol>		

<b>Dish Name : No Bake chocolate energy bites</b>		<b>Portion</b>
<b>Ingredients</b>	<b>Quantity</b>	
Muesli (Swiss style)	3 cup	Approximately 10 to 15 pieces
Dates	70grms	
Whole Almonds	40grms	
Raisin	30grms	
Peanut Butter	100gms	
Dark Chocolate chips	20grms	
<b>Method</b>		
<ol style="list-style-type: none"> <li>1. Chop dates, almonds, and raisin and chocolate chips</li> <li>2. Mix all ingredients together and make small bite size balls</li> </ol>		

<b>Dish Name : Baked potato and parmesan balls</b>		<b>Portion</b>
<b>Ingredients</b>	<b>Quantity</b>	
Potato	200 gm	Approximately 15 balls from recipe
Parmesan cheese	70 gm	
Chopped Parsley	2tbsp	
Chopped Coriander	1tbsp	
Cheddar cheese	50 gm	
Fresh Cream	30 ml	
Black and with sesame seed	10 gm	
Whole Egg	1 piece	
Cumin powder	1 tsp	
Salt and pepper to taste		

**Method**

1. Baked potato in pre heated oven for 45 minutes at 180 degree Celsius
2. Finley chopped parsley and coriander
3. peel skin of potato and Great or mash with fork
4. Mix potato, coriander parsley, cumin powder and half of parmesan cheese make small bite size balls
5. mix sesame seed and parmesan cheese together
6. break egg add salt mix it well and roll potato ball in to egg
7. Pre heat oven at 180 degree Celsius and baked potato balls for about 10 to 12 minutes
8. in pan put cream and add cheddar cheese bring to boil till cheese melts

<b>Dish Name :</b> <b>Green veggie burger</b>		<b>portion</b>  Approximately 4 veggie
<b>Ingredients</b>	<b>Quantity</b>	
Broccoli	200grms	
Green peas	80grms	
Boiled rice	50grms	
Spring onion	30grms	
parsley	20grms	
Dill leaves	10grms	
Baby spinach	5grms	
Pineapple	100grms	
Onion	40grms	
Garlic	2 clove	
Olive oil	20ml	
All-purpose Flour	50grms	
Whole Egg	1 piece	
Tomato	1 piece	
Burger bun	4 piece	
Salt and pepper to taste		
<b>Method</b>		
<ol style="list-style-type: none"> <li>1. Boiled broccoli and green peas and keep a side to cool down</li> <li>2. Chopped onion and garlic parsley, spring onion, dill leaves and keep pineapple</li> <li>3. Sauté onion and garlic in hot pan with little olive oil</li> <li>4. In food processor make paste of broccoli green peas and boiled rice</li> <li>5. Add sautéed onion garlic and chopped spring onion, parsley, and dill leave In same paste</li> <li>6. Make equal size patty from mixture for burger and keep a side</li> <li>7. In hot pan add olive oil and cook pineapple for about 5 minutes and keep side to</li> <li>8. Make equal amount of patty from paste</li> <li>9. Break egg add salt pepper and mix it well</li> <li>10. In plate put flour and tap veggie patty in flour a then in egg mix</li> <li>11. In non-stick pan add 10ml of olive and cook green veggie patty for about 3 minutes each side</li> <li>12. In a burger bun spread baby spinach slice tomato and pineapple and serve hot</li> </ol>		

<b>Dish Name</b> <b>Spaghetti with salmon and tomato concasse</b>		<b>portion</b>
<b>Ingredients</b>	<b>Quantity</b>	
Spaghetti	500gms	Approximately 5 portion
Fresh salmon	500grms	
Tomato	1000grms	
Fresh Basil leaves	5grms	
Celery stick	20grms	
Garlic	5 clove	
Onion	50grms	
Parmesan cheese	50grms	
Mixed bell peppers	60grms	
Olive oil	30ml	
Cherry tomato	10 piece	
Salt and pepper to taste		
<b>Method</b>		
<ol style="list-style-type: none"> <li>1. In a boiling water blanch tomato for 1 minute remove in keep in ice water</li> <li>2. Cut tomato in quarter peel skin of tomato remove seeds and chop tomato</li> <li>3. Chop onion garlic and celery sauté them in hot pan with olive oil add chopped tomato and cook until 5 to 7 minutes</li> <li>4. Cut salmon and bell peppers in a small cubes and make a skewers</li> <li>5. In boiling water add salt and olive oil and boil spaghetti for about 9 minutes (or as per production guide line)</li> <li>6. In nonstick pan grilled salmon skewers with salt and pepper</li> <li>7. In same pan of tomato add spaghetti, finish with fresh basil leaves and handful parmesan cheese and cherry tomato</li> <li>8. In a serving bowl place pasta arrange salmon skewers on top and garnish with parmesan and basil</li> </ol>		