

Harissa spiced grilled veggies, mint and rocket leaf cous cous, chickpea puree

For the harissa paste

Ingredients

Red chillies	1
Smoked paprika	½ teaspoon
Cumin powder	1 teaspoon
Garlic	1 to 2 cloves
Parsley chopped	1 teaspoon
Fresh coriander leaves, chopped	1 teaspoon
Lemon juice	1 teaspoon
Salt, pepper	to taste
Olive oil	1 tablespoon

For the grilled veggies

Ingredients

Eggplant	1 medium-sized sliced, 2 cm thick
Red, yellow bell peppers	1 each, cut into 3 cm strips or large squares
Zucchini	½ a medium size, cut into slices lengthwise 2 to 3 cm thick
Yellow squash	½ a medium size, cut into slices lengthwise 2 to 3 cm thick

Method

Using a blender, blitz all the ingredients for the harissa into a smooth paste. Cut the eggplant and put into a bowl of lightly salted water for 20 minutes. Drain and dab until dry. Marinate the veggies in the harissa paste. Cook in a hot oven for 15 minutes or char on a griller. Reserve until needed.

For the cous cous

Ingredients

Cous cous	50 g
Veg stock	100 ml
Salt, pepper	To taste
Olive oil	1 teaspoon
Mint leaves	6 to 7
Rocket leaves/arugula	20 g
Fresh parsley, chopped	1 teaspoon
Lemon juice	1 teaspoon
Dried apricots	2 each
Pine nuts toasted	1 teaspoon

Method

In a bowl, add the cous cous, pour enough hot stock just enough to cover the cous cous by 1 cm. Cover with a tight lid or with plastic wrap for 6 to 7 minutes. This will swell up the grains. Using a fork, fluff up the cous cous. Blend the rest of the ingredients to a green puree and season to taste. Garnish with diced dried apricots and toasted pine nuts.

For the Chickpea puree

Ingredients

Cooked chick peas	1 cup
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Cooking liquid ½ cup
Salt n pepper To taste
Olive oil 1 teaspoon
Tahina paste 1 teaspoon
Garlic puree ½ teaspoon

Method

Blend the ingredients until smooth.

For the masala tea poached chicken/peppered cottage cheese, masala mashed pot, pickled cucumber ribbons.

Ingredients

Skinless boneless chicken breasts 1 each per portion

For the masala chai stock

Masala tea bag infused water/stock 300 ml
Ginger sliced 1 teaspoon
Cinnamon stick 1
Cloves 2
Cardamom 2
Peppercorns 2
Bayleaf 1
Mace A pinch

Infuse the masala chai with the spices in a sauce pan. Bring to a gentle simmer and let the spices infuse. Strain the tea into another pan. Place the skinless chicken breasts into the stock and poach for 15 minutes. Rest until needed. Strain the stock and add a dash of cream. Now add half-a-teaspoon to butter. Serve the chai sauce with the chicken and the masala mash.

For the cottage cheese

Ingredients

Cottage cheese, cut into medallions 140 g / portion
Mixed peppercorns 1 teaspoon
Corn flour 1 teaspoon
Olive oil for pan searing As required

Method

Mix the corn flour and peppercorns. Dust the cottage cheese pieces into this mix and pan fry for a minute on either side. Rest until needed.

Masala Mash

Serves 4

Ingredients

Mash potatoes 400 gm
Olive oil 1-2 tablespoon
Cumin seeds 1 tsp
Mustard seeds ½ tsp
Ginger finely minced 1 tsp
Turmeric powder A big pinch

Green chili, (medium-sized, chopped) 1
Fresh coriander leaves, finely chopped 1 tablespoon
Butter 50gm
Warm milk 40-50 ml (if needed)
Salt, pepper to taste

Method

Boil the peeled potatoes in salted water and cook. Take it off the heat and drain away the water. Dry the potatoes well, and while the potatoes are still hot, mash it using a fork or a masher. If you like your mash to be creamier, add about 40-50 ml of warm milk to the mixture. Heat the butter in a pan, and add the mustard and cumin seeds. When they begin to crackle, add the rest of the ingredients (except the mashed potatoes) and fry well for a minute on low-medium heat. Add the mashed potatoes mixture to this. Season to taste and mix well. Finish with finely chopped coriander leaves.