

September 2008

## **BLACK PEPPER CHICKEN**

### INGREDIENTS:

2 lbs boneless chicken (cut in bite size pieces)  
2 tsp ginger garlic paste  
2 tablespoons black pepper  
3 to 4 green chilies chopped  
2 – 3 tablespoons cooking oil  
Bunch of curry leaves

### METHOD:

Heat oil in wok. Add chicken, ginger garlic paste and curry leaves. Cook for few minutes. Add black pepper and green chilies. Cook until water is dry. Serve warm with rice or roti.

## **SUMMER SPICY SALAD**

### INGREDIENTS:

Green lettuce (coarsely chopped)  
One head red lettuce (coarsely chopped)  
1 cucumber, peeled & sliced  
1 medium tomato, sliced  
Handful of cherry tomatoes  
Handful of summer berries (raspberries, black berries & blue berries)  
Few strawberries, sliced  
Bunch of fresh mint (coarsely chopped)  
2 tablespoons mayonnaise  
2 tablespoons olive oil  
1 tsp black pepper  
1 tsp red chili powder  
2 tablespoons lemon juice

### METHOD:

In a large bowl mix together mayonnaise, olive oil, red & black peppers and lemon juice. Toss rest of the ingredients together and serve chilled.

