

HEALTHY

# FOOD-Zine

WITH VESTIGE HEALTH FOOD **SPECIAL EDITION**



## TIRANGA RECIPES

WITH LITE HOUSE  
RICE BRAN OIL

GET A  
CHANCE TO  
FEATURE!



THE  
HEALTH  
FOOD  
SHELF



The occasion to celebrate with loved ones and to take pride in being an Indian – Independence Day gives us all an excuse to exercise our freedom and break free from diets! But delicious food need not come at a cost – cook your food in LITE HOUSE Rice Bran Oil and get tasty and healthy food, guaranteed!

Not only is Tiranga Pulao aesthetically pleasing while being patriotic – with stripes of orange, white and green – it is also the perfect centrepiece for your Independence Day spread.

# Tiranga Pulao



## INDEPENDENCE DAY RECIPE:

### Ingredients:

- |                                 |                           |
|---------------------------------|---------------------------|
| 1 ½ glass basmati rice          | 1 onion, chopped          |
| 2 tbsp Lite House Rice Bran Oil | 1 cup beans               |
| 1 tbsp ginger paste             | 1 cup peas                |
| 3 tbsp tomato puree             | 1 small capsicum, chopped |
| 1 bowl spinach puree            | 2 green chillies          |

### Dry Ingredients:

- 1 tbsp cumin seeds
- 1 tbsp turmeric powder
- ½ tbsp red chilli powder
- Salt to taste
- 4-5 curry leaves

## METHOD

For this stunning dish, we have to prepare rice in three different colours.

### For White Rice

Clean and boil ½ glass rice in 1 ½ cup water. Strain the excess water after 10 minutes.

### For Orange Rice

Heat 1 tbsp of Lite House Rice Bran Oil in a pan. Add ½ tbsp of cumin seeds, 1 chopped green chilli and ½ chopped onion and sauté till medium brown. Add tomato puree, ½ chopped capsicum, ½ cup of beans, ½ cup of peas and 1 tbsp turmeric powder and sauté for 5 minutes. Add ½ glass soaked rice, 1 glass water in the pan and cover it with lid until cooked.

### For Green Rice

Heat 1 tbsp of Lite House Rice Bran Oil in a pan. Add ½ tbsp cumin seeds, 1 chopped green chilli and ½ chopped onion and sauté till medium brown. Add spinach puree, ½ chopped capsicum, ½ cup beans, ½ cup peas and sauté for 5 minutes. Add ½ glass soaked rice, 1 glass water in the pan and cover it with lid until cooked.

## Presentation

Place a ring mould on the serving plate. Put the green rice in the mould and press lightly. Add cooked white rice and press lightly. Top it with the orange rice and press lightly. Remove the ring mould slowly and serve the hot and tasty Tiranga Pulao.



# Tiranga Paneer Tikka

The perfect starter to your Independence Day meal, the Tiranga Paneer Tikka looks good, tastes great and gets you to eat your vegetables. Add another dash of patriotism with three different colours of paneer tikka.

## Ingredients:

1 large green capsicum  
2-3 tomatoes  
2 medium onions

Lite House Rice Bran Oil,  
as required to roast  
the tikkas

### For The Classic Paneer Tikka (Red):

200 g paneer  
1 1/2 tbsp hung curd  
1 tsp ginger garlic paste  
1/2 tsp red chilli powder  
1 tsp garam masala powder  
1 tsp coriander powder  
1/2 tsp cumin powder  
1/2 tsp kasuri methi powder  
3/4 tbsp roasted gram flour  
Salt to taste

### For Hariyali Tikka (Green):

200 g paneer  
1 1/2 tbsp hung curd  
1/2 cup mint leaves  
1/2 cup coriander leaves  
2 green chillies  
1 tsp ginger garlic paste  
1 tsp garam masala powder  
1/2 tsp kasuri methi  
3/4 tbsp roasted gram flour  
Salt to taste

### For Malai Tikka (White):

200 g paneer  
1 1/2 tbsp hung curd  
1 1/2 tbsp malai (fresh cream)  
1 1/2 tbsp cashewnut powder  
1/4 tsp black pepper powder  
3/4 tsp garam masala powder  
1/2 tsp kasuri methi  
3/4 tbsp roasted gram flour  
Salt to taste

## METHOD

- To make Tiranga Paneer Tikka, lightly roast the mentioned quantity of gram flour for each type of tikka and set aside to cool.
- Lightly roast kasuri methi and crush it to a powder.
- Grind together the coriander leaves, mint leaves and green chillies for the green paste.
- Take three separate mixing bowls and add to it the respective ingredients mentioned for each different type of tikka.
- Mix well to prepare the individual marinades, ie, red, green and white marinade.
- Cut the paneer, capsicum, onions and deseeded tomatoes into medium sized cubes and add them to their respective bowls.
- Mix well to as to coat the paneer and vegetables cubes well, with the prepared marinade.
- Keep the marinade aside for 1 hour.

## Preparation

### USING GRILLER

- Immerse the required wooden skewers in clean water for about 5-10 minutes. Drain and set aside.
- To make the respective paneer tikkas, start by fixing a capsicum cube in a skewer, followed by paneer, onion cube, again paneer, a tomato cube, paneer and a capsicum cube again in the end.
- Heat a grill pan and add 2 tbsp LITE HOUSE Rice Bran Oil.
- When it heats up, place the skewers on it and roast on all sides till slightly charred.
- Transfer the prepared tikkas to a serving dish.
- Serve the delicious Tiranga Paneer Tikkas!

### USING NON STICK PAN

- Prepare marinated paneer cubes and vegetables on wooden sticks (Red, Green and White as described above).
- Add 2 tbsp Rice Bran oil and heat the pan.
- Add the paneer sticks and roast it from all the sides for 5 minutes.
- Transfer the prepared tikkas to a serving dish.
- Serve the delicious Tiranga Paneer Tikkas!



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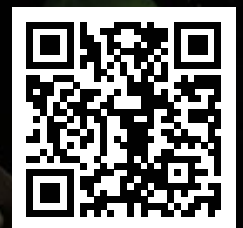
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