

After our fantastic cooking sessions with Nick the Chef this week, your challenge is to cook or help cook something at home. You might want to try one of the recipes from the sessions or another new recipe. We can't wait to hear all about what you get up to!

Egyptian Recipes: Chicken Shawarma



Ingredients

- 2-3 tsp Coriander Powder
- 2-3 tsp Cumin Powder
- 2-3 tsp Cardamom Powder
- 1-2 tsp Chilli powder
- 1-2 tsp Paprika
- Salt & Pepper (to taste)
- Juice of ½ a lemon
- 1 large clove of garlic
- 2-3 tbsp of Extra-Virgin Olive Oil
- 2 Chicken Breasts
- 1 Large Onion
- 1 Red Pepper
- 1 Yellow Pepper
- 6 Pitas/Wraps
- ½ a Lettuce
- 3 Fresh Tomatoes



Shawarma Sauce:

- 4 tbsp of Tahini Paste
- 200ml of Greek/Natural Yogurt
- Juice of ½ a Lemon

Instructions

1. In a bowl, combine the coriander, cumin, cardamom, chili powder and paprika
2. Add in the juice of half a lemon, the garlic and about 3 tablespoons Olive Oil
3. Stir until it becomes a paste
4. Cut the chicken into thin strips
5. Rub the mixture all over the chicken until it is well-coated
6. Slice the onion and the peppers into thin slices
7. Preheat a large frying pan over medium-high heat
8. Add in about 2 tablespoons of olive oil
9. Cook the chicken for 5 minutes
10. Add the onions and peppers, and season with some salt and pepper
11. Cook, stirring frequently, for about 5 minutes until the vegetables start to soften
12. In a bowl, combine the juice of half the lemon, the tahini and the yogurt
13. Dice up the fresh tomato and shred the lettuce
14. Wrap up the chicken and vegetable mixture with a good drizzle of the shawarma sauce



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Mexican Recipes: Chicken Burrito



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Ingredients

- 2-3 tsp Cumin Powder
- 2-3 tsp Chilli Powder
- 2-3 tsp Paprika Powder
- Salt & Pepper (to taste)
- ½ a tsp of Dried Oregano
- ½ a tsp of Cayenne Pepper (*optional*)
- Juice of ½ a Lemon
- 1 large clove of Garlic
- 2-3 tbsp of Extra-Virgin Olive Oil
- 2-4 Chicken Breasts
- 1 Large Onion
- 1 Red Pepper
- 1 Yellow Pepper
- 6 Tortilla Wraps
- ½ a Lettuce
- 3 Fresh Tomatoes
- 1 Lime



Salsa:

- 4 Ripe Tomatoes
- Fresh Coriander
- Juice of ½ a Lime

Instructions

1. In a bowl, combine the spices and a splash of oil
2. Mix the chicken until coated
3. Marinade for up to 24 hours
4. For the salsa, add in the lime juice, the garlic, tomatoes and coriander to a bowl
5. Cut the chicken into thin strips
6. Slice the onion and the peppers into thin slices
7. Preheat a large frying pan over medium-high heat
8. Add in about 2 tablespoons of olive oil
9. Cook the chicken for a few minutes
10. Add the onions and peppers
11. Cook, stirring frequently, for about 5 minutes until the vegetables start to soften
12. Shred the lettuce
13. Cook the rice as per instructions
14. Wrap up the chicken and vegetable mixture with Greek yogurt, salsa, rice and lettuce



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Indian Recipes: Lobley Hill's Veggie Curry



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Ingredients

- 2 Chicken Thighs
- 100ml of Cream
- 50ml of Vegetable Oil
- 3 Cauliflower Florets
- 1/8 of a Butternut Squash
- 1/2 a Red Pepper
- 1 large Onion
- 1 Medium Sweet Potato
- Fresh Coriander
- Basmati Rice
- 1 Chicken Stock Cube
- 6 cloves of Garlic
- 1/2 can of Carrot and Coriander Soup



Spices

- 2 tbsp of Curry Powder
- 1 tsp of Cumin Powder
- 1 tsp of Coriander Powder
- 1 tsp of Turmeric
- 1/2 tsp of Chilli Powder
- 1 tsp Fenugreek Leaves
- Salt and Pepper (to taste)

Instructions

1. Finley chop all of the vegetables
2. Grate the garlic
3. Add oil into a pan
4. Add in the onion and cook until soft
5. Cook the spices in the oil for 1 minute
6. Add in the garlic
7. Add in the crumbled sock cube
8. Add in the chicken and cook for 5 minutes
9. Add in the onion and cook for 5 minutes
10. Add in the potato, butternut squash and cauliflower
11. Add in the soup and a splash of water
12. Cook down for a few minutes
13. Add in the other vegetables
14. Add in the cream
15. Cook until thickened
16. Serve with rice



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