

Masala Corn on Toast

Ingredients:

- 1 cup boiled corn kernel (150g)
- 1 finely chopped tomato
- 1 onion
- 2 green chillies
- 1 tbsp chopped coriander
- Salt
- 4 slices of bread
- 25g Amul Cheese
- 10g **Amul Lite** (per slice of bread)

White sauce:

- 1 cup skimmed milk (150ml)
- 15g **Amul Lite**
- 1 tbsp flour
- Salt

Method:

- Heat **Amul Lite** and 1 tbsp of flour simultaneously in a thick-bottomed pan and cook for 2 minutes.
- Add 1 cup of milk and take the pan off the stove.
- Mix it well with an electric hand blender or a manual hand blender.
- Put the pan back on the stove and cook till the white sauce thickens.
- Add the boiled corn, onions, tomato, chillies, coriander leaves and capsicum.
- Cook for 2 - 3 minutes.

For toast:

- Cut each bread slice into half.
- Add 1/2 tsp **Amul Lite** on each piece of bread.
- Place it in the oven/toaster and toast until the bread is crisp brown.

Spinach and Peas Pulao

Ingredients:

- 1 cup rice (100g)
- 2 tsp ginger chilli paste
- 2 onions
- 150g green peas
- 250g spinach
- Clove
- Cinnamon
- 1 tsp cumin (jeera)
- 1 capsicum
- 1/2 tsp garam masala
- 3 tbsp **Amul Lite** (45g)

Method:

- Soak the rice for 2 - 3 hours.
- Wash the spinach leaves, add two cups of water and grind it in the mixer.
- Heat some ghee in a pan and add cloves and cinnamon to it.
- Drain the water, the rice and add to the pan.
- Add **Amul Lite** and 1 tsp of cumin seeds and cook for 1 - 2 minutes.
- Add the onion and capsicum and cook for 2 - 3 minutes.
- Add the chilli ginger paste, salt and garam masala. Mix well.
- Now add 3 cups of crushed spinach.
- Cook on a low flame till all the water evaporates.