

RECOMMENDED FOODS

Day 13

YOU WILL NEED:

- **Optional food ingredients**

INSTRUCTIONS:

1. Make a recipe from below or make one of your own using the recommended foods.

DATE AND ALMOND MILKSHAKE

INGREDIENTS:

- **10-12 dates - pitted and chopped**
- **6-8 almonds - soaked and peeled**
- **¼ cup hot milk**
- **1 ¾ cup cold milk**

INSTRUCTIONS:

1. Soak the almonds and dates in the hot milk.
2. Grind the almonds, dates and the milk to a puree. Make sure it's not coarse.
3. In a blender, put the cold milk and date-almond puree and blitz till you have a smooth consistency.
4. Pour and enjoy!

FALAFEL

INGREDIENTS:

- **1 medium onion - roughly chopped**
- **2 cloves garlic**
- **1 ¼ cup chickpeas - boiled**
- **½ Tsp cumin seeds**
- **½ Tsp coriander powder**
- **½ cup coriander/mint - fresh leaves**
- **Salt and Pepper**
- **Chilli Powder as per taste (optional)**
- **2 Tbsp Rice Flour**
- **Oil to shallow fry**

INSTRUCTIONS:

1. Blitz the onions and garlic in a food processor.
2. Add the chickpeas, dried spices and the fresh herbs and seasoning and blend again.
3. If the mixture is too wet, add the rice flour.
4. You should be able to roll them into balls.
5. Gently flatten these small balls into patties.
6. Heat oil in a pan. Make sure it's not too hot when you slide the falafel patties into it.
7. Cook till golden brown.
8. Drain and serve with hummus and pita pockets

ALOO (POTATO) CHAAT

INGREDIENTS:

- **1 pound new potatoes**
- **Kosher salt**
- **½ small onion, chopped**
- **1 serrano chile**
- **½ cup chopped fresh coriander**
- **¼ cup vegetable oil**
- **1 15.5 oz can chickpeas, rinsed, patted dry**
- **Freshly ground black pepper**
- **2 tsp chaat masala**
- **2 tbsp prepared tamarind chutney**
- **Pinch of sugar**
- **¾ cup plain whole-milk Greek yogurt**
- **2 tbsp melted ghee or clarified butter**
- **¼ cup sev (optional)**

INSTRUCTIONS:

1. Place potatoes in a large pot and add water to cover. Bring to a boil, season water with salt, and cook until fork-tender, 12-15 minutes. Drain; set potatoes aside.
2. Meanwhile, pulse onion, chile, ginger, and ½ cup cilantro in a food processor to a coarse paste; set aside.
3. Using the palm of your hand, lightly crush potatoes (it's okay if the skins split). Heat oil in a large skillet over medium-high and add potatoes and chickpeas. Season with salt and pepper and toss to coat.
4. Cook, shaking pan occasionally, until potatoes and chickpeas are both very browned and crisp, 12-15 minutes.
5. Add masala, reserved cilantro mixture, and 1 Tbsp. tamarind chutney and toss to coat. Cook until spices are fragrant and tamarind chutney is thickened, about 2 minutes. Transfer to a platter.
6. Stir sugar into yogurt in a small bowl; season with salt.
7. Drizzle over potatoes along with ghee and remaining 1 Tbsp. tamarind chutney.
8. Top with more cilantro and sev, if using.