



**WONDERCHEF®**

Cook with Pride

# The Nutri-Pot CookBook



CUSTOMIZED RECIPES  
FOR INDIAN KITCHEN BY  
*Chef*  
SANJEEV KAPOOR



Nahid Khilji - Nutritionist



# The Nutri-Pot

## Cook Book



"For years I have done shows and written my books with just one thought in mind - empower women by enabling them to cook better. Besides a good recipe, a very important element for cooking well is the quality of the kitchenware used in your kitchen. To enable you to cook healthy and tasty food, Wonderchef develops unique & quality products across the world. Enjoy this range of premium cookware, appliances, bakeware and kitchen tools. Happy cooking!"

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### **From Chef's Desk**

I am delighted to present this Nutri-Pot Cook Book to our dear Nutri-Pot customers. There are times when preparing a recipe can be daunting, but here's a way to make it easier.

Nutri-Pot Cook Book will not only make cooking convenient for you but also highly nutritious! Cook these delectable dishes and garnish them with a smile. These recipes will bring you good health and joy as you cook and relish them and I hope to be a small part of the gratification you witness in the hearts of your loved ones when you serve up these dishes.

In conclusion, I would like to say that this Cook book is a manifestation of all the hard work by my trusted colleague Chef Anupa Das and Nutritionist Nahid Khilji, to whom I am deeply grateful.

- Chef Sanjeev Kapoor



### From MD's Desk

Dear Nutri-Pot customer, I congratulate you on making an excellent choice; a choice of health, taste and convenience. Nutri-Pot is a product that we have crafted with a lot of passion. After 14 months of rigorous market research and product development, we have curated an automated appliance, which brings a fundamental improvement in daily life. I can confidently say that this is one of my top favourites from amongst the 500 premium products of Wonderchef. It is a high quality, world-class product that will become an integral part of your lifestyle.

This Nutri-Pot Cook Book for the Indian Kitchen, specially curated by Chef Sanjeev Kapoor and Nutritionist Nahid Khilji is a complementary addition to the product. They will enable you to extract more out of your Nutri-Pot and prepare you for the adventures ahead.

Additionally, if you have your own innovative recipes, we'd love to hear about them and share your enthusiasm with the rest of the world!

- Ravi Saxena

### **Nutritionist Nahid Khilji**

Nahid is a qualified dietician, a certified diabetes educator, a corporate wellness coach, and a nutrition blogger with an additional CPR certification. Having spent 5 years studying about nutrition and diet in depth and 6 years of work experience, her focus is on helping people not only with their diet, but also with their physical training and stress management. She has worked with number of corporates as their wellness partner to motivate and help in lifestyle makeover for their employees. She has also developed a number of books like "The Indian Breakfast Guide", "Quick Guide to Nutrition" and "Quick Guide to Carbohydrate Counting" along with health articles for local Kashmir Life newspaper.

# What is Nutri-Pot?



A revolutionary kitchen appliance, Nutri-Pot is your personal kitchen robot that brings health, taste and convenience in your daily cooking.

With an embedded micro-computer technology, Nutri-Pot controls temperature and pressure inside the pot to prevent over-cooking, and keeps the nutrients in your food intact. The result is a juicier, healthier output that you would love. 18 pre-set dishes - Rice/Pulav, Khichdi/Biryani, Chicken Curry, Mutton Curry, Dal, Rajma/Chole, Veg Curry, Soup, Yogurt, Cake, Sambhar, Baby Food, Steamer, Slow Cooker, Sauté/Bhuna, Manual and Reheat - allow you to achieve perfect results every time. Delay-timer function gives that added flexibility to when you wish to begin cooking. For the culinary connoisseur, there is the Manual function as well for taste and texture preference. A recipe book for the Indian Kitchen, specially curated by Chef Sanjeev Kapoor and Nutritionist Nahid Khilji is a complementary addition to the product.

# Why Nutri-Pot?



We gave Nutri-pot to expert chefs across India for trials and it has become their muse. They cannot stop raving about it. Is it about healthy, tasty food that it cooks? Or is it the sheer convenience of using it?

The reasons for their unadulterated appreciation for Nutri-Pot are as below:

- Plug in, tap a button and it does everything else!
- You do not need to supervise it, while it cooks a perfect dish silently
- 18 pre-set dishes, and one can even customize recipes using the manual mode - now Gourmet Cooking becomes hassle free!
- Attaining softness and succulence is now easier for dishes which traditionally take hours to get there
- Automatic Keep-Warm function keeps the temperature of the food warm until ready to serve
- Hard-anodized aluminium inner pot distributes heat evenly and lasts for years
- Delay timer keeps freshly cooked food ready when you come back from an errand
- Easy to clean and maintain, it comes with the Reliable Wonderchef Warranty

In short, it works like a dream and lets you take a break while it does all the hard work!



# How it works? And why is food cooked in Nutri-Pot healthy and tasty

## The engineering of Nutri-Pot



Food in Nutri-Pot cooks under optimum temperature and pressure, controlled by the micro-computer within the device. This prevents over-cooking or burning of food. This is really what keeps it healthy, nutritious and succulent.

Here is how you may operate it:

- First press, sauté/bhuna button on the panel
- Add a little cooking oil and saute your dry (khada) masalas, onion, garlic and ginger for a couple of minutes
- Then add your main ingredients and water as per the recipe guidelines to the pot
- Close the lid and choose what you wish to cook from the display panel
- Make sure that the steam release valve is on 'cooking position' and not on 'steam release position'. For this, please be guided that the small arrow < made on the valve
- If you want softer or harder texture you may decrease/increase the cooking time by choosing the "-/+ " buttons

Once you press the recipe button, the LED display shows the cooking time in minutes and also begins a circular movement which shows that the ingredients are being heated and steam is getting formed inside the pot. This will last for 3-4 minutes depending on the amount of ingredients inside. Real cooking will begin once the movement has stopped and it is only after this that the cooking time counter will start counting down. When the counter reaches Zero, a beep will be sounded and your Nutri-Pot will automatically go on 'Keep Warm' function.

For opening the lid, first release the steam by rotating the valve to 'steam release' position.



Cooking position

Steam release position

Why is the food not only healthy but also tasty?

The food is cooked faster due to increased pressure and hence increased boiling point of water inside the Pot. In terms of engineering design, this is a combination of Boyle's Law, Charles's Law and Avogadro's Law in action. However, the real benefit is almost like in slow cooking since the temperature is not being allowed to go beyond an optimum level. While the boiling point of water is being increased marginally to induce faster cooking (about 115° C - 118° C), it is well below the temperature reached in open utensils and cookers used directly on gas or in ovens and microwaves.

The second and equally important reason for healthy cooking is the fact that only the optimum amount of water is being used for cooking, thus preventing the leaching of precious nutrients away from the food. The food is surrounded by its own juices and steam captured inside the pot, preventing its oxidation. Vegetables come out of Nutri-Pot more succulent, looking fresher and tasting better than in other forms of cooking. The meats are cooked tender and taste better. Both vegetables and meats retain their natural flavour.

Studies have shown that green vegetables like broccoli, spinach and beans retain almost four times the iron when cooked in temperature controlled environment like Nutri-Pot than when cooked over gas. Even the retention of Vitamin C, Beta-carotene and other precious nutrients is far better.

Upon its usage, you would also observe that Nutri-Pot releases only small amounts of steam, almost silently and noiselessly as compared to traditional pressure cookers. This ensures that the nutrients and flavours are retained inside the tightly sealed lid rather than being spread around the home. The reason for this is that Nutri-Pot creates just about optimal heating. It does not subject the food to repeated cycles of over-heating and steam-release-induced-cooling, which is almost like shock therapy for nutrients, rendering them ineffective.

Nutri-Pot gives you consistent cooking at the touch of a button. Even if you are not an expert at cooking or you are a weekend chef at home, Nutri-Pot makes it simple for you. You don't need to remember the number of whistles that are needed to make dal or vegetables or khichdi or biryani or chicken, unlike in a pressure cooker. This is where most of the cooking goes wrong. Nutri-Pot makes it simpler! Just press the button, go about your errands and let it do the rest.

#### **Use of delay timer:**

This is a magical function, guaranteed to bring a smile to your face. When you go on short errands for 2-3 hours, like shopping or picking up the kids from school, how you wish that freshly cooked food could be there waiting for you, once you return! With Nutri-Pot this is possible. Just choose the number of hours on the delay timer and Nutri-Pot will begin cooking when you want it to. The food will not only be cooked when you return, but also be kept warm automatically, should you get delayed.

Enjoy your Nutri-Pot and share your own experiences on [facebook.com/WonderchefLife](https://www.facebook.com/WonderchefLife)

Ravi Saxena  
Managing Director  
Wonderchef

#### **Note from an avid user:**

"I am in love with my Nutri-Pot. What I do is that I put some water in Nutri-Pot at night, place the mould for Upma or Poha, and use the delay timer to begin cooking at 7 am. By the time the kids come to the breakfast table & I have finished my cup of coffee with the newspaper, our breakfast is ready without me needing to stand and supervise the cooking."

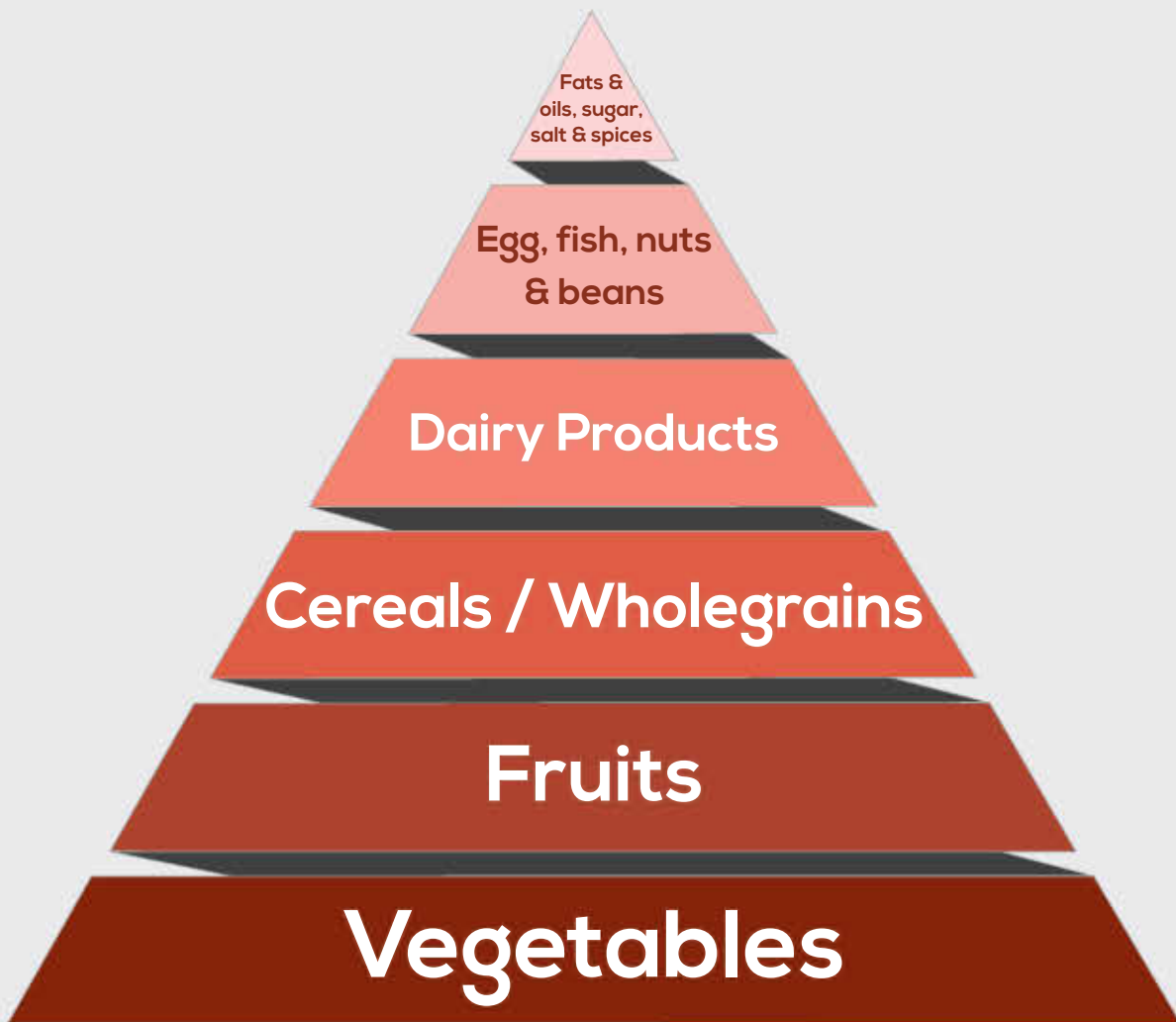
Apoorv Kumar, Mumbai

# Cooking Time Table



Recipe/Function	Pre-set timings (minutes) (minimum – maximum)
Rice/Pulao	8 - 12
Biryani/Khichdi	10 - 20
Chicken Curry	12 - 20
Mutton Curry	20 - 30
Dal	10 - 18
Rajma	30 - 45
Soup	8 - 15
Sambhar	8 - 15
Baby Food	12 - 18
Yogurt	8 hours
Cake	18 - 32
Veg Curry	12 - 20
Manual	5 - 30
Reheat	3 - 8
Steam	8 - 20
Saute/Bhuno	8 - 12
Slow Cook	30 mins – 3 hours
Delay Timer	30 mins to 24 hours

# Food Pyramid



A food pyramid is a triangular shaped guide of healthy foods divided into food groups to show the recommended intake of each.

Basically a food pyramid is planned to make healthy eating easier. Healthy eating is about getting the appropriate amount of nutrients – protein, fat, carbohydrates, vitamins and minerals that you need in order to maintain good health. Foods that contain the same type of nutrients are grouped together on each of the layer of the Food Pyramid. This gives you a choice of different foods from which you can choose a healthy diet. Following the Food Pyramid as a guide will help you get the right balance of nutritious foods within your calorie range.

## The Six Food Groups:

- Vegetables
- Fruits
- Grains (cereal), mostly whole grain and/or high cereal fiber varieties
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans
- Milk, yoghurt cheese and/or alternatives, mostly reduced fat
- Fats and oils, sugar, salt and spices

When you try to watch your diet, you need to know more about what foods can be eaten apart from the ones that appear on the diet sheet, as this need arises at a point in time when you need variety to suit your taste palate. The exchange system allows you a lot of flexibility in the menu, yet the calories, proteins, fats and carbohydrates in the day's diet will be fairly constant day after day.

The food options grouped in the 6 groups can be exchanged for another food in the same group. However, they may not be interchangeable with foods listed in other groups.

Each group of food has a particular role to play in the health of an individual. Hence, it is imperative to use all the groups in your daily diet in the required number of servings to stay fit and active.

The food pyramid guides you to choose a variety to eat from the food groups in the right quantity. Besides, it also suggests the good oils to use, grains to add in daily meals, and what to use sparingly.

It includes emphasis on regular exercises, establishing an ideal body weight and eating healthy food.

# Dry Masala

## The Taste of India



The secret of the masterly art of Indian cooking requires a thorough knowledge of the properties of each spice and its blend with other spices. Hence, the characteristic of each curry relies entirely on the balance of herbs and spices that go into its creation. In India, local influence distinguishes curries from one region to another.

Masala is a word that is often used in an Indian kitchen. It literally means a blend of several spices. Garam (hot) masala is the most important blend and an absolute essential to north Indian preparations, added just before serving the dish to enhance its flavour. The traditional garam masala is a blend of cardamom, cinnamon, cloves and black pepper. Masala may be in dry, roasted, ground or paste form.

Spices are defined as "a strongly flavored or aromatic substance of vegetable origin, obtained from tropical plants, commonly used as a condiment". A spice is a dried seed, fruit, root, bark or vegetative substance used in nutritionally insignificant quantities as a food additive for the purpose of flavoring. But a masala is an amazing combination of these spices, addition of which makes your regular food mouth-watering.

You cannot deny that it's the dry masala powder, which makes the road-side food lip-smacking. But it's just a right combination of pepper, cumin seeds and cloves. In reality, it is the black salt that breathes life into these spices, as it enhances the pungency and gives the aroma and flavor to chaats.

Today, masalas for most Indian recipes can be found in slick, mass-produced packages along brightly lit supermarket aisles. But in the years before India discovered multi-nationals and grocery chains, spices were pounded by hand and sold from small stores that specialized in particular masalas. The aroma of fresh hand pounded masalas is what has made Indian masalas most acceptable world over.

# Did you know



## Turmeric

- It is a natural anti-septic and anti-bacterial agent, useful in disinfecting cuts and burns
- It is known to prevent prostate cancer and stop the growth of existing prostate cancer, when combined with cauliflower
- It may prevent melanoma and cause existing melanoma cells to commit suicide
- It reduces the risk of childhood leukemia maybe because it is known to stop the growth of new blood vessels in tumors

## Cinnamon or Dalchini

Cinnamon or dalchini is a staple addition to curries, pulav and biryani, but has medicinal properties too.

- Helps keep diabetes under check
- Can help delay the onset of Alzheimers
- Helps protect you from cancer
- Relieves arthritic pain
- Helps in digestion

## Ginger

- Maintains normal blood circulation. Ginger contains chromium, magnesium and zinc which can help to improve blood flow, as well as help prevent chills, fever, and excessive sweat
- Cures motion sickness
- Improves absorption and stimulation of essential nutrients in the body by stimulating gastric and pancreatic enzyme secretion

## Dry Dates

- Improves overall health - Dry dates are considered to be a gold mine of vitamins. They contain a wide range of vitamins including vitamin A, C, E, K, B2, B6, niacin and thiamin. These vitamins are vital for your health and wellness
- Source of Essential Minerals
- Rich Iron Source - People who suffer from anaemia (decrease in blood cells) can get immense benefits from dry dates

A top-down photograph of a bowl of vibrant red soup, likely tomato-based, served in a white ceramic bowl with a scalloped edge. A thick white cream is drizzled over the top of the soup. Three fresh green basil leaves are scattered around the bowl: one to the upper left, one to the lower left, and one partially submerged in the soup on the right. The bowl sits on a piece of light-colored, textured burlap fabric. The entire scene is set against a dark, weathered wooden background with visible grain and knots. The word "Soups" is overlaid in the center in a clean, white, sans-serif font.

# Soups





# Mushroom Soup



## Ingredients

- 400 grams fresh button mushrooms, chopped
- 1 teaspoon olive oil
- 2 medium onions, finely chopped
- 5 cups skimmed milk
- Salt to taste
- White pepper powder to taste

## Method

- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Add the olive oil and once it melts, add the onions and mushrooms, and stir till they soften.
- ◆ Add milk, salt and white pepper powder and mix well.
- ◆ Press cancel, cover with the lid and cook on soup mode (i.e. for 10 minutes).
- ◆ Once 10 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down, open the lid.
- ◆ Remove the pot and transfer the mixture in a bowl and blend into fine puree with the help of a hand blender.
- ◆ Transfer into serving bowls and serve piping hot.



Energy  
1239kcal

Protein  
58.8mg

Carbs  
90.7mg

Fat  
70.5mg

Calcium  
1594.8mg



# Sabzi ka Shorba

सब्जी का शर्बा

## Ingredients

- 3 medium potatoes, ½ inch cubes
- 3 large tomatoes, chopped
- 100 grams bottle gourd (doodh/lauki), ½ inch cubes
- 2 teaspoons oil
- 5-6 black peppercorns
- 2 cloves
- 2 onions, chopped
- 2 garlic cloves, crushed
- 1 inch piece ginger, chopped
- 3 cups vegetable stock
- ¼ teaspoon turmeric powder
- Salt to taste
- ½ teaspoon black pepper powder
- 1 spring onion, chopped

## Method

- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Add oil and once it is hot, add black peppercorns and cloves and stir for ½ minute. Add onions and cook till they turn translucent.
- ◆ Add garlic and ginger and stir. Add potatoes, tomatoes, bottle gourd and mix.
- ◆ Add vegetable stock, turmeric powder, salt and black pepper powder and mix well.
- ◆ Press cancel, cover the cooker lid and cook on soup mode (i.e. for 10 minutes).
- ◆ Once 10 minutes are over, the cooker will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down. Open the cooker lid.
- ◆ Remove the pot and transfer the mixture in a bowl and blend into fine puree with the help of a hand blender.
- ◆ Transfer into serving bowls and serve piping hot garnished with chopped spring onion.

Energy  
755 kcal

Protein  
14.7 mg

Carbs  
92 mg

Fat  
34.4 mg

Potassium  
3581.6 mg



# Tamatar Basil Shorba

## Ingredients

- 6 medium tomatoes, roughly chopped
- 2 tablespoons gram flour (besan)
- 7 garlic cloves
- 1 inch cinnamon stick
- 1 black cardamom
- ½ tablespoon black peppercorns
- 1 tablespoon cumin seeds
- 2 dried red chillies
- ½ cup chopped fresh coriander stems
- 3-4 basil stems
- 1 teaspoon oil
- ½ teaspoon red chilli (degchi mirch) powder
- ½ tablespoon lemon juice

## Pesto for garnish

- 6-8 fresh basil leaves
- 3 garlic cloves
- 4 cashewnuts
- 4 tablespoons oil

## Method

- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it
- ◆ Add gram flour and stir until fragrant. Add ½ cup water and whisk well.
- ◆ Add tomatoes, garlic, cinnamon, cardamom, peppercorns, cumin seeds, red chillies, coriander stems, basil stems, oil, red chilli powder and 3 cups of water. Mix well.
- ◆ Press cancel, cover with the lid and cook on soup mode (i.e. for 10 minutes).
- ◆ To make the pesto, grind together basil leaves, garlic, and cashewnuts with oil to a smooth paste.
- ◆ Once 10 minutes are over, Nutri-Pot will go on "Keep Warm" mode. Press "Cancel" and let the pressure settle down, and then open the lid.
- ◆ Remove the pot and transfer the mixture in a bowl.
- ◆ Blend the soup with a hand blender and pass through a fine sieve.
- ◆ Add lemon juice to the shorba and mix. Serve hot garnished with pesto.

Energy  
1884 kcal

Protein  
53.7 mg

Carbs  
256.3 mg

Fat  
68.1 mg

Fiber  
21.5 gm



# Carrot & Coriander Soup

## Ingredients

- 2 medium carrots, thinly sliced
- 10-12 coriander stems
- 2 teaspoons olive oil
- 8-10 black peppercorns
- 4-5 garlic cloves, finely chopped
- 1 medium onion, thinly sliced
- Salt to taste
- 1 large tomato, quartered
- 4 cups vegetable stock
- Freshly crushed black peppercorns for garnishing

## Method

- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Add oil and once it is hot, add black peppercorns, garlic, onions and broken coriander stems. Mix well and stir for 2-3 minutes.
- ◆ Add carrots and salt and stir for 5-7 minutes more. Add tomatoes and vegetable stock, mix well.
- ◆ Press cancel, cover the cooker lid and cook on soup mode (i.e. for 10 minutes).
- ◆ Once 10 minutes are over, the cooker will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down, open the cooker lid.
- ◆ Remove the pot and transfer the mixture in a bowl.
- ◆ Blend the soup with a hand blender and pass through a fine sieve. Serve immediately sprinkled with crushed peppercorns.



Energy  
345 kcal

Protein  
51 mg

Carbs  
19.7 mg

Fat  
26.4 mg

Fiber  
13.9 gm





# Cream of Asparagus & Almond Soup

## Ingredients

- 300 grams asparagus
- 10-12 almonds, soaked and peeled
- 2 tablespoons butter
- 1 medium onion, chopped
- 2 tablespoons refined flour (maida)
- 2½ cups vegetable stock
- Salt to taste
- 4-5 black peppercorns (kali mirch), crushed
- 2 cups milk

## Method

- ◆ Peel the asparagus, and roughly chop. Blanch and reserve a few asparagus tips for garnishing.
- ◆ Cut slivers of few almonds and set aside for garnishing.
- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Add olive oil. Add onion and stir until soft.
- ◆ Add asparagus and almonds, stir for a minute.
- ◆ Stir in the flour and cook for a minute, then gradually add the stock and whisk so that no lumps are formed. Add salt, crushed peppercorns and milk. Mix well.
- ◆ Press cancel, cover with the lid and cook on soup mode (i.e. for 10 minutes).
- ◆ Once 10 minutes are over, Nutri-Pot will go on "Keep Warm" mode. Press "Cancel" and let the pressure settle down, open the lid.
- ◆ Remove the pot and transfer the mixture in a bowl.
- ◆ Blend the soup with a hand blender and pass through a fine sieve.
- ◆ Serve immediately sprinkled with crushed peppercorns, blanched asparagus tips and almond slivers.

Energy  
865 kcal

Protein  
30.4 mg

Carbs  
19.7 mg

Fat  
53.9 mg

Fiber  
14.4 gm



# Mushroom Cappuccino

## Ingredients

- 15 large fresh button mushrooms, thickly sliced
- 1 tablespoon butter
- 1 bay leaf (tej patta)
- 1 small onion, chopped
- 4-6 garlic cloves, chopped
- 2½ cups vegetable stock
- Salt to taste
- ¼ teaspoon white pepper powder
- 2 tablespoons fresh cream
- 2 cups warm milk
- A pinch of cinnamon (dalchini) powder

## Method

- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Melt the butter and add the bay leaf, onion and garlic and stir for 2-3 minutes or till onion is translucent.
- ◆ Add the mushrooms and stir for a minute. Add vegetable stock, salt, white pepper powder, cream and mix well.
- ◆ Cover the cooker lid and cook on soup mode (i.e. for 10 minutes).
- ◆ Once 10 minutes are over, Nutri-Pot will go on “Keep Warm” mode, press “Cancel” and let the pressure settle down, open the lid.
- ◆ Remove the pot and transfer the mixture in a bowl. Discard the bay leaf and blend the soup to a fine puree with a hand blender.
- ◆ Pour the milk in bowl. Beat with a fork till it develops froth. Collect the froth with a ladle and place on the hot mushroom soup giving it a cappuccino effect.
- ◆ Sprinkle cinnamon powder and serve immediately.



Energy  
622 kcal

Protein  
23.7 mg

Carbs  
35.7 mg

Fat  
42.4 mg

Calcium  
643.6 mg



# Red Pumpkin Soup



## Ingredients

- 600 grams red pumpkin, roughly chopped
- 2 teaspoons olive oil
- 2 bay leaves
- 8-10 black peppercorns
- 2 medium onions, sliced
- Salt, to taste
- ½ teaspoon white pepper powder

## Method

- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Add olive oil and once it is hot, add bay leaves and peppercorns. Add onions and stir for 2 minutes.
- ◆ Add pumpkin, stir for ½ minute. Add 3 cups water, salt, white pepper powder and mix well.
- ◆ Press cancel, cover the cooker lid and cook on soup mode (i.e. for 10 minutes).
- ◆ Once 10 minutes are over, Nutri-Pot will go on “Keep Warm” mode, press “Cancel” and let the pressure settle down. Open the lid.
- ◆ Remove the pot and transfer the mixture in a bowl and blend into fine puree with the help of a hand blender.
- ◆ Transfer into serving bowl and serve hot.



Energy	545 kcal
Protein	9.3 mg
Carbs	46.7 mg
Fat	33.6 mg
Vitamin C	62.9 mg



# Tangy Carrot Soup



## Ingredients

- 250 grams carrots, peeled and chopped
- 1 teaspoon butter
- 1 medium onion, chopped
- 8-10 black peppercorns
- 1 inch ginger piece, chopped
- 1 medium potato, chopped
- 4 cups vegetable stock
- Salt to taste
- ¼ teaspoon black pepper powder
- 2 tablespoons chopped fresh coriander leaves

## Method

- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Add butter and once it is hot, add the onion, black peppercorns and ginger. Stir for 2 minutes or till onion changes colour.
- ◆ Add the carrots and potato and stir for 2-3 minutes. Add the vegetable stock, salt and black pepper powder and mix.
- ◆ Press cancel, cover the lid and cook on soup mode (i.e. for 10 minutes).
- ◆ Once 10 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down, open the cooker lid.
- ◆ Remove the pot and transfer the mixture in a bowl.
- ◆ Blend the soup with a hand blender and pass through a fine sieve.
- ◆ Serve hot garnished with coriander leaves.



Energy	545 kcal
Protein	9.3 mg
Carbs	46.7 mg
Fat	33.6 mg
Vitamin C	62.9 mg





# Vegetable Stew



## Ingredients

- 2 medium potatoes, peeled and cut into ½ inch cubes
- 1 medium carrot, cut into ½ inch pieces and soaked
- 6-7 French beans, cut into 1 inch pieces
- ¼ cup green peas
- 1 teaspoon coconut oil
- 1 star anise
- 1 inch cinnamon
- 5-6 black peppercorns
- 3-4 cloves
- 8-10 curry leaves
- 1-2 green chillies, slit
- 2 medium onions, sliced
- 1 tablespoon ginger-garlic paste
- 1 tablespoon coconut milk powder
- Salt to taste
- Crushed black peppercorns to taste
- Steamed Basmati rice for serving
- Fresh coriander sprig for garnishing

## Method

- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Add oil and once it is hot, add star anise, cinnamon, peppercorns cloves and curry leaves, stir for 30 seconds.
- ◆ Add green chillies and stir. Add onions and stir for 30 seconds. Add ginger-garlic paste and stir till onions turn translucent.
- ◆ Mix the coconut milk powder with 2½ cups water and set aside.
- ◆ Drain and add potato cubes and carrot pieces, mix and cook for 1 minute. Add the prepared coconut milk, French beans, green peas and mix well. Press cancel, cover and cook on veg curry mode (i.e. for 15 minutes). After 5 minutes the pressure will be released. Lock the pressure by turning the whistle in left or right direction and let it cook for the remaining time.
- ◆ Once 15 minutes are over, the cooker will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down, open the cooker lid. Add salt and crushed peppercorns, mix.
- ◆ Put steamed rice in a serving bowl, pour vegetable stew on top and serve hot garnished with a coriander sprig.



Energy  
1632 kcal

Protein  
22.3 mg

Carbs  
100.8 mg

Fat  
125.4 mg

Fiber  
18.2 mg



# Main Course





# Curries, Dals & Rice



# Aloo ka Rassa Wala Shaak

## Ingredients

- 4 medium potatoes, peeled and cut into ½ inch pieces
- 1 cup skimmed milk yogurt (dahi)
- 2 teaspoon gram flour (besan)
- Salt to taste
- ¼ teaspoon turmeric (haldi) powder
- 2 teaspoons pure ghee
- ½ teaspoon cumin seeds (jeera)
- A pinch of asafoetida (hing)
- 7-8 curry leaves
- ½ inch ginger, chopped
- 2 green chillies, chopped
- ¼ teaspoon red chilli powder
- ½ teaspoon garam masala powder

## Method

- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Whisk yogurt with gram flour, salt and turmeric powder. Add ¾ cup of water and mix well.
- ◆ Add ghee in the pot and once it is hot, add cumin seeds. When they begin to change colour add asafoetida, curry leaves, ginger and green chillies. Stir for a minute.
- ◆ Add red chilli powder, garam masala and the yogurt mixture and mix well.
- ◆ Add potatoes and mix. Once the mixture comes to a boil, press cancel, cover and cook on veg curry mode (i.e. for 15 minutes). After 5 minutes the pressure will be released. Lock the pressure by turning the whistle in left or right direction and let it cook for the remaining time.
- ◆ Once 15 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down and open the lid.
- ◆ Transfer into a serving bowl and serve hot.

Energy  
710kcal

Protein  
15.3mg

Carbs  
64.4mg

Fat  
41.6mg

Fiber  
10.6gm



# Bhein Masala



## Ingredients

- 2 lotus stems (bhein) (7 inches each), cleaned and scraped and sliced
- 3 medium potatoes, peeled and cut into cubes
- 2 teaspoons oil
- 1 inch ginger, chopped
- 2-3 green chillies, chopped
- 1 teaspoon cumin seeds
- 1 medium onion, finely chopped
- 2 medium tomatoes, finely chopped
- Salt to taste
- ¼ teaspoon turmeric powder
- 1 teaspoon red chilli powder
- 2 teaspoons coriander powder
- 1 teaspoon garam masala powder
- 1 tablespoon chopped fresh coriander leaves

## Method

- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Add oil and once it is hot, add the ginger and green chillies and stir for a few seconds.
- ◆ Add the cumin seeds and as they begin to change colour, add the onions. Stir till they begin to change colour. Add the tomatoes and mix well.
- ◆ Add the salt, turmeric powder, red chilli powder and coriander powder and stir till oil separates from the masala.
- ◆ Add the lotus stem roundels and potatoes, garam masala powder and mix well. Add one cup of water and bring to a boil.
- ◆ Press cancel, cover and cook on veg curry mode (i.e. for 15 minutes). After 5 minutes the pressure will be released. Lock the pressure by turning the whistle in left or right direction and let it cook for the remaining time.
- ◆ Once 15 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down. Open the lid.
- ◆ Transfer into a bowl, add the coriander leaves and stir. Serve hot with rotis.



Energy  
762 kcal

Protein  
9.7 mg

Carbs  
69.6 mg

Fat  
48 mg

Fiber  
15.2 gm





# Dhingri Matar Hara Pyaz

## Ingredients

- 22 button mushrooms, halved
- 1 cup green peas
- 2 teaspoons oil
- 2 teaspoons cumin seeds
- 1 cup chopped spring onion bulbs
- 2 medium tomatoes, chopped
- ½ teaspoon turmeric powder
- 1 tablespoon coriander powder
- 1 tablespoon Kashmiri red chilli powder
- 1 teaspoon garam masala powder
- Salt to taste
- 1 tablespoon kaju-magaz paste
- 2 tablespoons dried fenugreek leaves (kasoori methi)
- ½ cups chopped spring onion greens
- 1 teaspoon chaat masala
- 1 stalk of spring onion greens, diagonally sliced

## Method

- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Add the oil, once it is hot, add the cumin seeds. When they begin to change colour, add the spring onion bulbs and stir till well browned.
- ◆ Add the tomatoes and stir till oil surfaces. Add the turmeric powder, coriander powder, red chilli powder and garam masala powder and continue to stir. Add the salt and stir for five minutes.
- ◆ Add the kaju-magaz paste and mix well. Add the mushrooms and peas and mix well.
- ◆ Add 1½ cups water, kasoori methi and spring onion greens, chaat masala and mix.
- ◆ Press cancel, cover and cook on veg curry mode (i.e. for 15 minutes). After 5 minutes the pressure will be released. Lock the pressure by turning the whistle in left or right direction and let it cook for the remaining time.
- ◆ Once 15 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down. Open the lid.
- ◆ Transfer in a serving bowl and serve hot garnished with spring onion greens.

Energy  
1016 kcal

Protein  
39.1 mg

Carbs  
37.3 mg

Fat  
69.2 mg

Niacin  
6.5 mg



# Lauki Chana Dal



## Ingredients

- ½ small bottle gourd (lauki), 1 inch pieces
- ½ cup split Bengal gram (chana dal), soaked for 2 hours and drained
- 1 teaspoon oil
- ½ teaspoon cumin seeds
- 2 green chillies, chopped
- A pinch asafoetida
- ½ teaspoon red chilli powder
- Salt to taste
- ½ teaspoon turmeric powder
- 2 teaspoons coriander powder
- 2 medium tomatoes, chopped
- ½ teaspoon garam masala powder
- ¼ teaspoon sugar
- 2 teaspoons lemon juice
- 2 tablespoons chopped fresh coriander leaves

## Method

- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Add oil and once it is hot, add cumin seeds, green chillies and asafoetida and cook for a minute. Add red chilli powder, salt, turmeric powder, coriander powder and cook till fragrant.
- ◆ Add tomatoes and cook till they soften.
- ◆ Add chana dal and lauki and stir. Add garam masala powder, sugar and adjust salt.
- ◆ Cover and cook on veg curry mode (i.e. for 15 minutes). After 5 minutes the pressure will be released. Lock the pressure by turning the whistle in left or right direction and let it cook for the remaining time.
- ◆ Once 15 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down. Open the lid.
- ◆ Add lemon juice and stir. Transfer in a serving bowl, garnish with coriander leaves and serve hot.



Energy  
560 kcal

Protein  
25.9 mg

Carbs  
58.2 mg

Fat  
23.3 mg

Fiber  
27.2 gm



# Auiyal



## Ingredients

- 1 medium carrot
- 6-8 French beans
- 6-8 broad beans
- 200 grams white pumpkin
- 1 medium raw banana
- 1 drumstick
- 100 grams yam
- ¼ cup shelled green peas
- Salt to taste
- ½ cup scraped fresh coconut
- 2 green chillies
- 1½ teaspoons cumin seeds
- 1 tablespoon rice
- 1 cups yogurt
- 10-12 curry leaves
- 2 tablespoons coconut oil

## Method

- ◆ Cut the carrot, French beans, broad beans, white pumpkin, raw banana, drumstick and yam into thick fingers not more than 2 inches long.
- ◆ Grind the coconut, green chillies, cumin seeds and rice with a little water, to a fine paste.
- ◆ Whisk the yogurt with this paste and set aside.
- ◆ Add the vegetables in **Wonderchef Nutri-Pot** along with the prepared paste, curry leaves and ½ cup water.
- ◆ Cover and cook on veg curry mode (i.e. for 15 minutes). After 5 minutes the pressure will be released. Lock the pressure by turning the whistle in left or right direction and let it cook for the remaining time.
- ◆ Once 15 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down. Open the lid.
- ◆ Transfer into a serving bowl, drizzle coconut oil and serve hot.

Energy  
1361 kcal

Protein  
80.9 mg

Carbs  
46.9 mg

Fat  
95.7 mg

Niacin  
28 mg



# Mathanga Erissery



## Ingredients

- 250 grams red pumpkin, ½ inch cubes
- ¼ cup split pigeon peas (toovar dal), soaked
- 2 tablespoons oil
- ½ teaspoon mustard seeds
- 2 dried red chillies, halved
- 10-12 curry leaves
- 1 small onion, chopped

## Grind coarsely

- ½ cup scraped coconut
- 2 dried red chillies
- ½ teaspoon cumin seeds
- 3 garlic cloves
- Salt to taste

## Method

- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Add oil and once it is hot, add the mustard seeds. When they splutter add the red chillies, curry leaves and onion and stir till lightly browned.
- ◆ Add pumpkin pieces and pigeon peas, ground mixture, salt and 1 cup water, mix well.
- ◆ Press cancel, cover and cook on veg curry mode (i.e. for 15 minutes). After 5 minutes the pressure will be released. Lock the pressure by turning the whistle in left or right direction and let it cook for the remaining time.
- ◆ Once 15 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down. Open the lid.
- ◆ Serve hot.



Energy  
931 kcal

Protein  
25.7 mg

Carbs  
132.9 mg

Fat  
19.2 mg

Fiber  
29.3 gm





# Chole Masala



## Ingredients

- 1 cup chickpeas (chole), soaked overnight and drained
- Salt to taste
- 1 tablespoon oil
- 2 teaspoons cumin seeds (jeera)
- 1 tablespoon dried pomegranate seeds
- 1 large onion, finely chopped
- 1 tablespoon green chilli-ginger paste
- 1 teaspoon red chilli powder
- 2 teaspoons coriander powder
- 1 tablespoon chole masala
- 1 teaspoon dried mango powder (amchur)
- 2 medium tomatoes, cut into quarters
- 4-5 green chillies, slit
- 1 teaspoon garam masala powder
- 1 inch ginger, cut into thin strips

## Method

- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Add oil, once it is hot, add cumin seeds and dried pomegranate seeds and stir till cumin seeds change colour.
- ◆ Add onion and stir till golden brown. Add green chilli-ginger paste and stir for 30 seconds.
- ◆ Add chilli powder, coriander powder, chole masala and dried mango powder and ½ cup water, stir for 30 seconds.
- ◆ Add tomatoes and mix. Add green chillies, mix and cover and cook till tomatoes turn soft and pulpy.
- ◆ Add chickpeas, garam masala powder, salt and 1½ cups water, mix.
- ◆ Press cancel, cover and cook on chole masala mode (i.e. for 30 minutes). After 5 minutes the pressure will be released. Lock the pressure by turning the whistle in left or right direction and let it cook for the remaining time.
- ◆ Once 30 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down. Open the lid.
- ◆ Transfer the chole in serving bowl. Serve hot garnished with ginger strips.

Energy  
692 kcal

Protein  
23.9 mg

Carbs  
61.1 mg

Fat  
37.7 mg

Fiber  
34.8 gm



# Rajma Masala



## Ingredients

- 1½ cups red kidney beans (rajma), soaked for 6-8 hours and drained
- 2 teaspoons ghee
- 1 inch ginger, finely chopped
- 1 tablespoon chopped garlic
- 1 medium onion, finely chopped
- 1½ cups tomato puree
- ½ teaspoon turmeric powder
- 1 teaspoon red chilli powder
- ½ teaspoon garam masala powder
- ½ teaspoon cumin powder
- 1 teaspoon coriander powder
- Salt to taste
- Chopped fresh coriander leaves for garnishing
- Steamed brown rice for serving

## Method

- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Add ghee, once it is hot, add ginger and garlic and stir for 30 seconds. Add onion and stir till golden brown.
- ◆ Add tomato puree, mix and cook till the mixture thickens and the fat separates.
- ◆ Add turmeric powder, chilli powder, garam masala powder, cumin powder, coriander powder, salt and 1 cup water, mix and cook for 1-2 minutes.
- ◆ Add red kidney beans and mix. Add 1½ cups water, mix. Press cancel, cover and cook on rajma masala mode (i.e. for 35 minutes). After 5 minutes the pressure will be released. Lock the pressure by turning the whistle in left or right direction and let it cook for the remaining time.
- ◆ Once 35 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down. Open the lid when the excess pressure is completely released.
- ◆ Transfer into a serving bowl and serve hot with steamed brown rice.

Energy  
1005 kcal

Protein  
45.4 mg

Carbs  
117.1 mg

Fat  
28.1 mg

Fiber  
43.8 gm



# Chole Dhania Masala



## Ingredients

- ¼ cup chickpeas (kabuli chana), soaked overnight and drained
- ¼ cup split Bengal gram (chana dal), soaked overnight and drained
- Salt to taste
- 1 small bunch fresh coriander leaves (hara dhania)
- 2 green chillies (hari mirch)
- 2 teaspoons ghee
- 1 medium onion, sliced
- 1 teaspoon garlic paste
- 1 teaspoon ginger paste
- 1½ tablespoons chole masala
- ½ tablespoon dry mango powder (amchur)
- ½ teaspoon garam masala powder
- Black salt (kala namak) to taste

## Method

- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Grind coriander leaves and green chillies to a smooth paste.
- ◆ Add ghee and once it is hot, add onion and stir for three to four minutes or till golden. Add garlic paste and ginger paste and continue to stir for another minute.
- ◆ Add the chole masala, dry mango powder, garam masala powder, black salt and coriander paste and stir for two to three minutes or till ghee separates from the masala.
- ◆ Press cancel, cover and cook on chole masala mode (i.e. for 30 minutes). After 5 minutes the pressure will be released. Lock the pressure by turning the whistle in left or right direction and let it cook for the remaining time.
- ◆ Once 30 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down. Open the lid.
- ◆ Transfer the chole in serving bowl. Serve hot with puri.



Energy  
1245 kcal

Protein  
44.1 mg

Carbs  
54 mg

Fat  
72.3 mg

Fiber  
54 gm



# Chana Soya Masala



## Ingredients

- 2 cups soaked chickpeas (chana)
- ½ cup soya granules, soaked and drained
- 3 tablespoons oil
- 2 bay leaves
- 2 black cardamoms
- 3 cloves
- ½ teaspoon cumin seeds
- 2 medium onions, chopped
- 3 medium tomatoes, chopped
- ½ teaspoon turmeric powder
- 1 teaspoon ginger-garlic paste
- 1 teaspoon red chilli powder
- 1 teaspoon coriander powder
- 1 teaspoon roasted cumin powder
- Salt to taste
- 1 teaspoon garam masala powder
- 1 teaspoon powdered dried fenugreek leaves
- 1 teaspoon dried mango powder
- 1 teaspoon crushed dried pomegranate seeds

## Method

- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Add oil and once it is hot, add bay leaves, black cardamoms, cloves and cumin seeds and when seeds begin to change colour, add onions cook till lightly browned.
- ◆ Add tomatoes stir well and add turmeric powder, ginger-garlic paste, red chilli powder, coriander powder, cumin powder and salt.
- ◆ Squeeze out excess water from soya granules and add to the cooker.
- ◆ Add chickpeas with 1½ cups of water. Add garam masala powder, dried fenugreek leaves, dried mango powder and crushed pomegranate seeds. Mix well.
- ◆ Press cancel, cover and cook on chole masala mode (i.e. for 30 minutes). After 5 minutes the pressure will be released. Lock the pressure by turning the whistle in left or right direction and let it cook for the remaining time.
- ◆ Once 30 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down. Open the lid.
- ◆ Transfer the chole in serving bowl.
- ◆ Serve hot with paranthas.



Energy  
1471 kcal

Protein  
67.9 mg

Carbs  
141.3 mg

Fat  
63.2 mg

Iron  
20.3 mg





# Aloo Wadi



## Ingredients

- 2 large (100 grams) dried urad dal nuggets
- 4 medium potatoes, peeled, quartered lengthways
- 2 teaspoons oil
- ½ teaspoon cumin seeds
- 2 medium onions, roughly chopped
- 2 one-inch pieces ginger, roughly chopped
- 2 large tomatoes, puréed
- 1 teaspoon turmeric powder
- 2 teaspoons coriander powder
- ½ teaspoon cumin powder
- ½ teaspoon red chilli powder
- Salt to taste
- ¼ teaspoon garam masala powder
- 1 tablespoon chopped fresh coriander

## Method

- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Add oil in the pot and add cumin seeds. When they begin to change colour, add onion, ginger and sauté for three minutes. Crush and add nuggets and continue to stir for 5 minutes, sprinkling a little water whenever mixture turns a little dry.
- ◆ Add tomato purée and stir till oil rises to surface. Add turmeric powder, coriander powder, chilli powder and salt, and mix well. Add potatoes and stir for 2 minutes. Stir in 2 cups of water.
- ◆ Press cancel, cover and cook on veg curry mode (i.e. for 15 minutes). After 5 minutes the pressure will be released. Lock the pressure by turning the whistle in left or right direction and let it cook for the remaining time.
- ◆ Once 15 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down. Open the lid.
- ◆ Sprinkle garam masala powder and chopped coriander, and serve hot.



Energy  
1230 kcal

Protein  
37 mg

Carbs  
120.4 mg

Fat  
69.6 mg

Fiber  
31.2 mg



# Batata Matki Ussal



## Ingredients

- 2 medium potatoes, quartered vertically and sliced
- 1½ cups (200 grams) sprouted matki beans
- 3 tablespoons oil
- ½ teaspoon mustard seeds
- 1 teaspoon cumin seeds
- A pinch asafoetida (hing)
- 8-10 curry leaves
- 1 medium onion, finely chopped
- ¼ teaspoon turmeric powder
- 1 teaspoon red chilli powder
- ½ teaspoons goda masala powder
- Salt to taste
- 1½ teaspoons sugar
- 2 tablespoons chopped fresh coriander leaves
- 2 tablespoons freshly scraped coconut

## Method

- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Add the oil and once it is hot, add the mustard seeds. When they splutter, add the cumin seeds, asafoetida and curry leaves. When the cumin seeds change colour, add the onion and stir for 2-3 minutes, or till onion turns golden.
- ◆ Add the potatoes, mix well and stir for 2-3 minutes.
- ◆ Add the matki beans, turmeric powder, red chilli powder, goda masala powder, salt and sugar and mix well. Add 2 cups of water and mix.
- ◆ Press cancel, cover and cook on veg curry mode (i.e. for 15 minutes). After 5 minutes the pressure will be released. Lock the pressure by turning the whistle in left or right direction and let it cook for the remaining time.
- ◆ Once 15 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down. Open the lid.
- ◆ Garnish with the coriander leaves and coconut and serve hot with rotis or paranthas.



Energy  
1471 kcal

Protein  
67.9 mg

Carbs  
141.3 mg

Fat  
63.2 mg

Iron  
20.3 mg



# Vegetable Dhansaak



## Ingredients

- ¼ cup split pigeon peas (toovar dal), soaked
- 2 tablespoons split red lentils (masoor dal), soaked
- 2 tablespoons skinless split green gram (dhuli moong dal), soaked
- 100 grams red pumpkin, cut into ½-inch cubes
- 2 medium brinjals, cut into ½-inch cubes
- 1 large potato, cut into ½-inch cubes
- 65 grams fenugreek leaves, chopped
- 10-15 fresh mint leaves, chopped
- Salt to taste
- 1 inch ginger, chopped
- 5-6 garlic cloves, chopped
- 4-5 green chillies
- 1 teaspoon cumin seeds
- 2 tablespoons pure ghee
- 2 tablespoons oil
- 2 medium onions, chopped
- 2 medium tomatoes, chopped
- 2 tablespoons dhansaak masala
- 1 teaspoon red chilli powder
- ½ teaspoon turmeric powder
- 1 tablespoon lemon juice
- 2 tablespoons chopped fresh coriander

## Method

- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Grind together the ginger, garlic, green chillies, cumin seeds and a little salt to a fine paste.
- ◆ Add the ghee and oil and once hot, add the onions and stir till golden. Add the tomatoes and stir till soft. Add the ground paste and continue to stir till fragrant. Add the dhansaak masala, chilli powder, turmeric powder and mix well.
- ◆ Add the dals, vegetables, fenugreek leaves, mint leaves, salt and mix. Add 2 cups water and mix well.
- ◆ Press cancel, cover and cook on veg curry mode (i.e. for 15 minutes). After 5 minutes the pressure will be released. Lock the pressure by turning the whistle in left or right direction and let it cook for the remaining time.
- ◆ Once 15 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down. Open the lid. Mash the contents with the back of the spoon.
- ◆ Add the lemon juice and chopped coriander and mix. Serve hot with brown rice.

Energy  
1471 kcal

Protein  
67.9 mg

Carbs  
141.3 mg

Fat  
63.2 mg

Iron  
20.3 mg



# Bhuna Kukda



## Ingredients

- 1 whole (750 grams) chicken, skinned and cut into 8 pieces
- 12 garlic cloves
- 20 dried red chillies, soaked
- 4-5 cloves
- 4 green cardamoms
- 2 inches cinnamon
- 1 teaspoon turmeric powder
- Salt to taste
- 2 teaspoons olive oil/rice bran oil
- 1 teaspoon cumin seeds
- ½ cup skimmed milk yogurt, whisked
- ½ cup chopped fresh coriander leaves

## Method

- ◆ Grind together the garlic, red chillies, cloves, cardamoms, cinnamon and turmeric powder to a fine paste.
- ◆ Rub the paste and salt over the chicken and leave to marinate for 2 hours in a refrigerator.
- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Add oil and once it is hot, add the cumin seeds and when they begin to change colour, add the marinated chicken and stir for 4-5 minutes.
- ◆ Add the yogurt with ½ cup of water and mix.
- ◆ Press cancel, cover and cook on chicken curry mode (i.e. for 30 minutes). After 5 minutes the pressure will be released. Lock the pressure by turning the whistle in left or right direction and let it cook for the remaining time.
- ◆ Once 30 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down. Open the lid.
- ◆ Transfer into a serving bowl and serve hot, sprinkled with coriander leaves.



Energy  
1264 kcal

Protein  
116.3 mg

Carbs  
12.7 mg

Fat  
82.7 mg

Niacin  
411 mg





# Malwani Chicken Hara Masala

## Ingredients

- 750 grams chicken, skinned and cut into 8 pieces on the bone
- Salt to taste
- 2 teaspoons oil
- 1 bay leaf
- 1-inch stick cinnamon
- 2 black cardamoms
- 2 green cardamoms
- 2-3 cloves
- ½ teaspoon cumin seeds
- 3 medium onions, finely chopped
- ¼ teaspoon garam masala powder
- ½ cup thick coconut milk
- 2 tablespoons chopped fresh coriander leaves
- Hara masala
- 1 cup fresh coriander leaves
- ¼ cup freshly scraped coconut
- ½ inch ginger, chopped
- 4 green chillies

## Method

- ◆ Apply the salt to the chicken pieces and set aside for ten to fifteen minutes.
- ◆ Grind the coriander leaves, coconut, ginger and green chillies to a fine paste.
- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Add oil and once it is hot, add the bay leaf, cinnamon, both the cardamoms, cloves and cumin seeds. When they begin to change colour, add the onions and cook till the onions soften. Add the ground masala paste and stir for 2-3 minutes.
- ◆ Add the chicken pieces and cook for mix well. Add ½ cup of water, coconut milk and garam masala powder.
- ◆ Press cancel, cover and cook on chicken curry mode (i.e. for 30 minutes). After 5 minutes the pressure will be released. Lock the pressure by turning the whistle in left or right direction and let it cook for the remaining time.
- ◆ Once 30 minutes are over, Nutri-Pot will go on “Keep Warm” mode, press “Cancel” and let the pressure settle down. Open the lid.
- ◆ Transfer into a serving bowl and serve hot, sprinkled with coriander leaves.

Energy  
2026 kcal

Protein  
120.4 mg

Carbs  
43.9 mg

Fat  
153.1 mg

Niacin  
42.7 gm



# Murgh Zafrani Do Pyaza

## Ingredients

- 750 grams chicken, 1 inch pieces on the bone
- A generous pinch of saffron
- 25 almonds
- 1 tablespoon sunflower seeds (chironji/charoli)
- 1 tablespoon poppy seeds (khus khus)
- 3 teaspoons oil
- 2 medium onions, sliced
- 3 teaspoons ginger paste
- 1 teaspoon garlic paste
- 3 teaspoons red chilli powder
- 1 teaspoon turmeric powder
- Salt to taste
- 1 cup skimmed milk yogurt
- ½ cup chicken stock
- ½ teaspoon garam masala powder

## Method

- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Grind almonds, sunflower seeds and poppy seeds together to a fine paste with sufficient water.
- ◆ Add oil and once it is hot, add onions and stir till golden. Add ginger paste, garlic paste and stir for 2 minutes. Add red chilli powder and turmeric powder and mix.
- ◆ Add chicken pieces and stir for 5 minutes. Sprinkle a little water at intervals so that the masala does not burn. Add salt.
- ◆ Add yogurt, ground almond mixture and chicken stock, garam masala powder and saffron, mix well.
- ◆ Cover and cook on chicken curry mode (i.e. for 30 minutes). After 5 minutes the pressure will be released. Lock the pressure by turning the whistle in left or right direction and let it cook for the remaining time.
- ◆ Once 30 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down. Open the lid.
- ◆ Transfer the chicken in the serving bowl and serve hot with paranthas.

Energy  
1834 kcal

Protein  
139.7 mg

Carbs  
31.9 mg

Fat  
126.9 mg

Niacin  
46.5 mg



# Kori Ghassi



## Ingredients

- 1 whole chicken (750 grams), cut into 1 inch pieces
- 2 tablespoons coriander seeds
- 1 teaspoon cumin seeds
- 1 teaspoon mustard seeds
- 10 dried red chillies
- 8 black peppercorns
- 10 garlic cloves
- 1 cup scraped coconut
- 2 medium onions, sliced
- 1 tablespoon coconut oil
- 10-12 curry leaves
- 2 medium tomatoes, chopped
- Salt to taste
- 1 cup thick coconut milk
- 2 tablespoons chopped fresh coriander leaves

## Method

- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Dry roast the coriander seeds, cumin seeds, mustard seeds, red chillies, black peppercorns and coconut one by one and set aside to cool. Add the garlic and one fourth of the onions to the roasted items. Grind to a fine paste and set aside.
- ◆ Add the coconut oil and once it is hot, add the remaining onions and curry leaves. Stir till golden brown. Add the tomatoes and salt and stir for 2-3 minutes or till tomatoes turn pulpy.
- ◆ Add the chicken pieces and sauté for 2-3 minutes. Add the ground paste, coconut milk, ½ cup water and mix well.
- ◆ Cover and cook on chicken curry mode (i.e. for 30 minutes). After 5 minutes the pressure will be released. Lock the pressure by turning the whistle in left or right direction and let it cook for the remaining time.
- ◆ Once 30 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down. Open the lid.
- ◆ Garnish with the coriander leaves and serve hot.



Energy  
2165 kcal

Protein  
124.5 mg

Carbs  
45.5 mg

Fat  
167.7 mg

Niacin  
44.1 mg



# Chicken and Mushrooms in Thai Red Curry



## Ingredients

- 2 boneless chicken breasts, cut into cubes
- 10-12 fresh button mushrooms, halved
- 3 tablespoons red curry paste
- 10-12 baby corns, sliced diagonally
- 2 teaspoons oil
- 2 medium onions, chopped
- 1 medium tomato, chopped
- Salt to taste
- 12-15 fresh basil leaves
- 1 cup thin coconut milk
- 5-6 broccoli florets

## Method

- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Add the oil and once it is hot, add the onions and stir for a minute. Add the red curry paste and stir for a minute.
- ◆ Add the tomato and chicken cubes and stir for 2-3 minutes.
- ◆ Add the mushrooms, baby corns and mix. Add the salt and mix. Add the basil leaves, coconut milk and broccoli and ½ cup water and mix.
- ◆ Press cancel, cover and cook on veg curry mode (i.e. for 15 minutes). After 5 minutes the pressure will be released. Lock the pressure by turning the whistle in left or right direction and let it cook for the remaining time.
- ◆ Once 15 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down. Open the lid.
- ◆ Transfer into a serving bowl and serve hot with steamed rice.



Energy	1361 kcal
Protein	80.9 mg
Carbs	46.9 mg
Fat	95.7 mg
Niacin	28 mg





# Dal Gosht

## Ingredients

- ¼ cup split Bengal gram (chana dal), soaked and drained
- ⅓ cup split pigeon peas (arhar dal/toovar dal), soaked and drained
- ⅓ cup split lentils (masoor dal), soaked and drained
- 250 grams boneless mutton (gosht), cut into 1-inch cubes
- 2 tablespoons oil
- ½ teaspoon cumin seeds
- 2 green chillies, slit
- ¼ tablespoon ginger paste
- ½ tablespoon garlic paste
- 1 large onion, chopped
- 1 medium tomato, chopped
- Salt, to taste
- 1 teaspoon red chilli powder
- 1 teaspoon coriander powder
- 1 teaspoon cumin powder
- ¼ teaspoon turmeric powder
- ¼ teaspoon garam masala powder
- ½ tablespoon lemon juice
- 2 tablespoons chopped fresh coriander leaves

## Method

- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Add oil and once it is hot, add cumin seeds and green chillies and stir till the cumin seeds begin to change colour. Add ginger paste and garlic paste and stir for ½ minute.
- ◆ Add onion and stir till golden brown. Add tomato and salt and continue to stir for 2 minutes more.
- ◆ Add chilli powder, coriander powder, cumin powder, turmeric powder and mutton and sauté for 2 minutes. Add garam masala powder and mix. Add the drained dals and mix.
- ◆ Add 1½ cups water and mix. Press cancel, cover and cook on mutton curry mode (i.e. for 30 minutes). After 5 minutes the pressure will be released. Lock the pressure by turning the whistle in left or right direction and let it cook for the remaining time.
- ◆ Once 30 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down. Open the lid.
- ◆ Mash the dals and add lemon juice and coriander leaves. Mix well.
- ◆ Serve hot.

Energy  
1188 kcal

Protein  
77.3 mg

Carbs  
70.5 mg

Fat  
64.9 mg

Fiber  
20.2 gm



# Rendang



## Ingredients

- 500 grams boneless lean mutton
- 2 medium onions, sliced
- 4 garlic cloves, crushed
- 1 inch galangal, sliced
- 1 inch ginger, sliced
- 4-6 fresh red chillies, seeded and sliced
- 1 inch lemon grass stalk, bruised and sliced
- 1 inch fresh turmeric, sliced
- 1 teaspoon coriander seeds, roasted and powdered
- 1 teaspoon cumin seeds, roasted and powdered
- 2 Kaffir lime leaves
- 2 cups low-fat coconut milk
- 1 teaspoon tamarind pulp diluted in four tablespoons water
- 2 tablespoons dark soy sauce
- Salt to taste
- 4 small potatoes, peeled and halved

## Method

- ◆ Cut the mutton into long strips and then into smaller pieces. Place them in a bowl.
- ◆ Grind onions, garlic, galangal, ginger, red chillies, lemon grass and turmeric to a fine paste with sufficient water.
- ◆ Add the paste to the mutton along with coriander and cumin powder and mix well. Tear the Kaffir lime leaves and add. Cover and set aside to marinate for half an hour.
- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Add marinated mutton and stir for 3-4 minutes
- ◆ Add coconut milk, 1½ cups water and tamarind water, stir.
- ◆ Add dark soy sauce, salt and potatoes. Mix well.
- ◆ Press cancel, cover and cook on mutton curry mode (i.e. for 30 minutes). After 5 minutes the pressure will be released. Lock the pressure by turning the whistle in left or right direction and let it cook for the remaining time.
- ◆ Once 30 minutes are over, Nutri-Pot will go on “Keep Warm” mode, press “Cancel” and let the pressure settle down, open the cooker lid.
- ◆ Transfer into a serving bowl and serve hot.



Energy  
1264 kcal

Protein  
51.6 mg

Carbs  
118.4 mg

Fat  
63.2 mg

Fiber  
34.3 gm



# Dal Tadka



## Ingredients

- 1 cup split pigeon pea (toovar dal), soaked, drained
- 2 teaspoons ghee
- 1 teaspoon cumin seeds
- A pinch of asafoetida
- 4-6 garlic cloves, chopped
- 1 inch ginger piece, chopped
- 2 medium onions, chopped
- Salt to taste
- 2 medium tomatoes, chopped
- 1 teaspoon red chilli powder
- ¼ teaspoon turmeric powder
- ¼ teaspoon cumin powder
- ½ teaspoon coriander powder
- ½ teaspoon garam masala powder
- 1 tablespoon chopped fresh coriander leaves

## Method

- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Add ghee. Once it melts, add cumin seeds. Once they change colour, add asafoetida and mix.
- ◆ Add garlic and ginger and stir for a minute. Add onions and salt, stir till the onions turn golden brown.
- ◆ Add tomatoes and stir till they turn pulpy.
- ◆ Add red chilli powder, turmeric powder, cumin powder, coriander powder and garam masala powder and mix well. Cook for a minute and add toovar dal, mix well.
- ◆ Add 2 cups water and mix. Press cancel, cover and cook on dal tadka mode (i.e. for 30 minutes). After 5 minutes the pressure will be released. Lock the pressure by turning the whistle in left or right direction and let it cook for the remaining time.
- ◆ Once 30 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down. Open the lid.
- ◆ Transfer into a serving bowl, garnish with coriander leaves and serve hot.

Energy  
703kcal

Protein  
26.4mg

Carbs  
68.8mg

Fat  
25.4mg

Fiber  
33.6gm



# Banjari Dal



## Ingredients

- $\frac{2}{3}$  cup split black gram with skin (chilkewali urad dal), soaked
- $\frac{1}{3}$  cup split Bengal gram (chana dal), soaked
- $1\frac{1}{2}$  tablespoons pure ghee
- 2 small onions, sliced
- 2 cloves
- 1 inch stick cinnamon
- 3 dried red chillies, broken
- $1\frac{1}{2}$  teaspoons ginger-garlic paste
- $1\frac{1}{2}$  teaspoons coriander powder
- 2 green chillies, chopped
- $\frac{1}{4}$  teaspoon black pepper powder
- $\frac{3}{4}$  teaspoon red chilli powder
- $\frac{1}{4}$  teaspoon turmeric powder
- Salt to taste
- 1 tablespoon chopped fresh coriander leaves
- 1 inch piece ginger, cut into thin strips

## Method

- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Add ghee and once it is hot, add onions, cloves, cinnamon and dry red chillies and stir till onions turn golden.
- ◆ Add ginger-garlic paste, coriander powder, green chillies, black pepper powder, red chilli powder, turmeric powder and salt and stir for a couple of minutes.
- ◆ Add soaked dals and mix well.
- ◆ Add 2 cups water and mix. Press cancel, cover and cook on dal tadka mode (i.e. for 30 minutes). After 5 minutes the pressure will be released. Lock the pressure by turning the whistle in left or right direction and let it cook for the remaining time.
- ◆ Once 30 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down, open the cooker lid.
- ◆ Transfer into a serving bowl, garnish with coriander leave, ginger strips and serve hot.

Energy  
945 kcal

Protein  
49 mg

Carbs  
115.7 mg

Fat  
22.9 mg

Fiber  
34.5 gm





# Dal Maharani



## Ingredients

- ½ cup whole black gram (sabut urad), soaked overnight and drained
- 2 tablespoons red kidney beans (rajma), soaked overnight and drained
- 2 teaspoons pure ghee
- 1 teaspoon cumin seeds
- 2 medium onions, chopped
- 10 garlic cloves, chopped
- 1½ inch piece ginger, chopped
- 1 medium tomato, chopped
- 1 teaspoon garam masala powder
- 1 teaspoon red chilli powder
- Salt to taste
- Fresh cream for garnish

## Method

- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Add ghee, once it is hot, add cumin seeds. When they begin to change colour add onions and stir till golden brown in colour.
- ◆ Add garlic, ginger and tomato. Stir till tomato is well mashed and oil separates from the masala. Add dal and rajma. Add 2 cups of water adjust seasoning and mix well.
- ◆ Add garam masala powder, red chilli powder, salt and mix.
- ◆ Press cancel, cover the pot with the lid and cook on rajma masala mode (i.e. for 35 minutes). After 5 minutes the pressure will be released. Lock the pressure by turning the whistle in left or right direction and let it cook for the remaining time.
- ◆ Once 35 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down. Open the lid when the excess pressure is completely released.
- ◆ Serve hot garnished with cream.



Energy  
1012 kcal

Protein  
33.4 mg

Carbs  
88.3 mg

Fat  
56 mg

Fiber  
24.3 gm



# Dal Lucknowi



## Ingredients

- 1 cup split pigeon peas (tuvar dal/ arhar dal), soaked
- 2 green chillies, chopped
- ½ teaspoon turmeric powder
- Salt to taste
- 2 teaspoons oil
- 1 teaspoon cumin seeds
- 4 dried red chillies, broken
- 5 garlic cloves, chopped
- A pinch asafoetida
- 1 cup skimmed milk
- 2 tablespoons chopped fresh coriander leaves

## Method

- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Add oil and once it is hot, add cumin seeds, dried red chillies, garlic and asafoetida and stir till fragrant. Add drained dals, green chillies, turmeric powder, salt, 1 cup water, milk and mix well.
- ◆ Press cancel, cover and cook on dal tadka mode (i.e. for 30 minutes). After 5 minutes the pressure will be released. Lock the pressure by turning the whistle in left or right direction and let it cook for the remaining time.
- ◆ Once 30 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down. Open the lid.
- ◆ Transfer into a serving bowl, garnish with coriander leaves and serve hot.



Energy  
1125 kcal

Protein  
52 mg

Carbs  
123.6 mg

Fat  
44.8 mg

Potassium  
3142.7 gm



# Eratchi Olathiyathu



## Ingredients

- 750 grams mutton, cut into 1½ inch pieces on the bone
- 1 tablespoon red chilli powder
- 1 tablespoon coriander powder
- Salt to taste
- 1 teaspoon fennel seeds, coarsely ground
- 4-5 black peppercorns coarsely ground
- 4 tablespoons oil
- 2 medium onions, sliced
- 2 green chillies slit
- 10-12 curry leaves
- 2 teaspoons ginger paste
- 2 teaspoons garlic paste
- 1 medium tomato, chopped
- ¼ dry coconut, cut into thin strips

## Method

- ◆ Marinate mutton with red chilli powder, coriander powder and salt for about half an hour.
- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Add oil and once it is hot, add onions and green chillies and stir till onions are lightly browned. Add curry leaves and stir for ½ minute. Add ginger paste and garlic paste and stir for 2-3 minutes.
- ◆ Add mutton pieces and stir for 3-4 minutes. Add tomato, and dry coconut strips cook for 1-2 minutes. Add 1 cup of water, mix well.
- ◆ Press cancel, cover and cook on mutton curry mode (i.e. for 30 minutes). After 5 minutes the pressure will be released. Lock the pressure by turning the whistle in left or right direction and let it cook for the remaining time.
- ◆ Once 30 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down. Open the cooker lid.
- ◆ Garnish with coarsely ground fennel and peppercorns and serve hot.



Energy  
1796 kcal

Protein  
109 mg

Carbs  
27.8 mg

Fat  
138.4 mg

Vitamin  
B12-5.6 gm



# Murgh Makai



## Ingredients

- 500 grams boneless chicken cut into ½ inch pieces
- 1 cup corn kernels
- 1 teaspoon cumin seeds
- 7-8 black peppercorns
- 1 teaspoon coriander seeds
- 5 cloves
- ½ cup skimmed milk yogurt
- Salt to taste
- 1 teaspoon red chilli powder
- ½ teaspoon turmeric powder
- 2 teaspoons oil
- 5-6 garlic cloves, chopped
- 1 inch piece ginger, chopped
- 3 medium tomatoes, freshly pureed
- 2 tablespoons chopped fresh coriander

## Method

- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Grind the cumin seeds, peppercorns, coriander seeds and cloves to a coarse powder.
- ◆ Place the chicken deep bowl and add the yogurt, salt, red chilli powder and turmeric powder and mix well. Set aside.
- ◆ Add oil and once it is hot, add the garlic and ginger and stir for 1 minute. Add the puree and stir for 2-3 minutes.
- ◆ Add the marinated chicken, the prepared spice mix, corn kernels and stir for 2-3 minutes. Add 1 cup water and mix.
- ◆ Press cancel, cover and cook on chicken curry mode (i.e. for 30 minutes). After 5 minutes the pressure will be released. Lock the pressure by turning the whistle in left or right direction and let it cook for the remaining time.
- ◆ Once 30 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down. Open the lid.
- ◆ Sprinkle coriander leaves and serve hot with roti or parantha.



Energy  
1183 kcal

Protein  
1211 mg

Carbs  
38 mg

Fat  
60.2 mg

Niacin  
43.5 gm





# Nimboo Dhania Chicken



## Ingredients

- 750 grams chicken, cut into 1½ inch pieces on the bone
- 1½ tablespoons lemon juice
- 1 tablespoon coriander seeds
- 8-10 fresh coriander stems, finely chopped
- 4 tablespoons chopped fresh coriander leaves
- 3 teaspoons oil
- 2 medium onions, chopped
- 1 teaspoon cumin seeds, roasted
- 2 dried red chillies, broken in half & roasted
- Salt to taste
- ¼ teaspoon turmeric powder
- 2 tablespoons skimmed milk yogurt
- 1 teaspoon ginger paste

## Method

- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Add oil and once it is hot, add onions and stir for 2 minutes. Meanwhile take the coriander seeds, cumin seeds and red chillies in a mixer jar and grind to a coarse powder. Add this to the onions and continue to stir for 1 minute.
- ◆ Add the coriander stems and mix. Add the chicken, salt and turmeric powder and mix well.
- ◆ Add the yogurt and ginger paste and mix well. Stir for 2-3 minutes.
- ◆ Add coriander leaves, 1 cup water and mix.
- ◆ Press cancel, cover and cook on chicken curry mode (i.e. for 30 minutes). After 5 minutes the pressure will be released. Lock the pressure by turning the whistle in left or right direction and let it cook for the remaining time.
- ◆ Once 30 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down. Open the lid.
- ◆ Add lemon juice and mix well.
- ◆ Transfer into a serving bowl and serve hot.



Energy	1118 kcal
Protein	199.6 mg
Carbs	31.1 mg
Fat	21.7 mg
Niacin	61.1 gm



# Sindhi Dal



## Ingredients

- 1 cup split Bengal gram (chana dal), soaked overnight and drained
- 3 teaspoons oil
- 1 teaspoon cumin seeds
- 4-5 green chillies, slit
- 8-10 curry leaves
- 2 medium onions, chopped
- Salt to taste
- ¼ teaspoon turmeric powder
- ½ teaspoon red chilli powder
- ¼ teaspoon garam masala powder
- ¾ teaspoon dry mango powder (am-chur)
- 2 tablespoons chopped fresh coriander leaves

## Method

- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Add oil and once it is hot, add cumin seeds. Once they start to change the colour, add green chillies, curry leaves and half the onion and stir till onion turns golden brown.
- ◆ Add the drained dal, salt, turmeric powder, red chilli powder, garam masala powder, dry mango powder and mix.
- ◆ Add 2 cups water and mix. Press cancel, cover and cook on dal tadka mode (i.e. for 30 minutes). After 5 minutes the pressure will be released. Lock the pressure by turning the whistle in left or right direction and let it cook for the remaining time.
- ◆ Once 30 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down. Open the lid.
- ◆ Transfer into a serving bowl, garnish with coriander leaves, sprinkle remaining onion and serve hot.



Energy  
1200 kcal

Protein  
47.2 mg

Carbs  
119 mg

Fat  
57.1 mg

Fiber  
37.2 gm



# Uengaya Sambhar



## Ingredients

- 10 sambhar onions, peeled
- 1 cup split pigeon peas, soaked for 1 hour and drained
- 2 teaspoons oil
- 1 teaspoon mustard seeds
- 3 dried red chillies, broken
- 18-20 curry leaves
- A generous pinch of asafoetida
- 1 medium tomato, chopped
- ½ teaspoon turmeric powder
- 4 teaspoons sambhar powder
- Salt to taste
- 1½ tablespoons tamarind pulp

## Method

- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Add oil and once it is hot, add mustard seeds, red chillies, curry leaves and asafoetida. When mustard seeds start to splutter add the tomato and stir for 2-3 minutes.
- ◆ Add the sambhar onions and turmeric powder, sambhar powder, salt and tamarind pulp and stir for another 4-5 minutes.
- ◆ Add split pigeon peas with salt and 2 cups of water.
- ◆ Press cancel, cover the pot with the lid, press the Personalized Cooking button twice so that Nutri-Pot goes on Sambhar mode. (15 minutes.)
- ◆ Once 15 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down.
- ◆ Transfer into a serving bowl and serve hot with steamed rice.

Energy  
954 kcal

Protein  
49.1 mg

Carbs  
146.6 mg

Fat  
16.3 mg

Fiber  
26.7 gm



# Treuti Dal



## Ingredients

- 1/3 cup skinless split green gram ( dhuli moong dal), soaked and drained
- 1/3 cup split pigeon peas ( toovar dal), soaked and drained
- 1/3 cup split Bengal gram ( chana dal), soaked and drained
- 1 tablespoon ghee
- 1 inch ginger, grated
- 2 green chillies, slit
- 2 large onions, finely chopped
- Salt to taste
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon red chilli powder

## Method

- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Add ghee and once it is hot, ginger, green chillies, onions and stir till onions turn golden.
- ◆ Add salt, turmeric powder, red chilli powder and drained dals and mix well.
- ◆ Add 2 cups water and mix. Press cancel, cover and cook on dal tadka mode (i.e. for 30 minutes). After 5 minutes the pressure will be released. Lock the pressure by turning the whistle in left or right direction and let it cook for the remaining time.
- ◆ Once 30 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down. Open the lid.
- ◆ Transfer into a serving bowl and serve hot.



Energy  
883 kcal

Protein  
46.9 mg

Carbs  
27.3 mg

Fat  
20.9 mg

Fiber  
27.3 gm





# Rajasthani Dal



## Ingredients

- ½ cup split skinless green gram (dhuli moong dal), soaked and drained
- 5 tablespoons split Bengal gram (chana dal), soaked and drained
- 2 tablespoons pure ghee
- 1 teaspoon cumin seeds
- A pinch asafoetida
- 3 whole dry red chillies, broken
- 1 large onion, chopped
- 2 one inch pieces ginger, chopped
- 1 tablespoon red chilli powder
- Salt to taste
- 1 teaspoon turmeric powder
- 1½ teaspoons dry mango powder (amchur)

## Method

- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Add ghee and once it is hot, add cumin seeds, asafoetida and dry red chillies and as cumin seeds begin to change colour, add onion and ginger. Cook till onion turns light brown.
- ◆ Add red chilli powder, salt, turmeric powder and dry mango powder and drained dal. Add 2 cups of water and bring to a boil.
- ◆ Press cancel, cover and cook on dal tadka mode (i.e. for 30 minutes). After 5 minutes the pressure will be released. Lock the pressure by turning the whistle in left or right direction and let it cook for the remaining time.
- ◆ Once 30 minutes are over, Nutri-Pot will go on “Keep Warm” mode, press “Cancel” and let the pressure settle down, open the cooker lid.
- ◆ Serve hot with baati.



Energy  
882 kcal

Protein  
38.4 mg

Carbs  
97.7 mg

Fat  
35.8 mg

Fiber  
21.5 gm



# Rajasthani Pulao with Chana Dal

## Ingredients

- ¼ cup split Bengal gram, (chana dal) soaked overnight and drained
- 1½ cups rice, soaked for 2 hours
- 4 tablespoons ghee
- 1 inch cinnamon
- 2 cloves
- 2 green cardamoms
- 1 black cardamom
- 1 bay leaf
- 1 teaspoon cumin seeds
- 5-6 black peppercorns
- 3 teaspoons red chilli powder
- ½ teaspoon turmeric powder
- 1½ teaspoons coriander powder
- Salt to taste
- 1½ tablespoons dried mint leaves

## Method

- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Add ghee and once it melts, add the cinnamon, cloves, cardamoms, bay leaf, cumin seeds, peppercorns and stir for a minute.
- ◆ Add the chilli powder, turmeric powder, coriander powder and salt. Cook for a few seconds and add the gram.
- ◆ Once the ghee separates from the sides, add 2½ cups of water, rice and dried mint. Mix well.
- ◆ Press cancel, cover the lid and cook on rice mode (i.e. for 10 minutes).
- ◆ Once 10 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down. Open the lid.
- ◆ Transfer the rice in serving bowl and serve hot.



Energy  
1808 kcal

Protein  
35.9 mg

Carbs  
2611 mg

Fat  
65.8 mg

Niacin  
6.2 gm



# Imli Til Ke Chawal

## Ingredients

- 1½ cups brown Basmati rice, soaked for 30 minutes
- 2 tablespoons tamarind pulp
- 3 tablespoons roasted sesame seeds (til)
- 3 teaspoons oil
- 1 teaspoon ginger paste
- 1 teaspoon garlic paste
- ¼ teaspoon turmeric powder
- 1 teaspoon red chilli powder
- Salt to taste
- 2 tablespoons chopped fresh coriander leaves

## Method

- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Add oil and once it is hot, add ginger paste and garlic paste and stir-fry for 1 minute.
- ◆ Add turmeric and chilli powder and stir for a few seconds.
- ◆ Add tamarind pulp and stir for 2-3 minutes. Add salt to taste and mix well.
- ◆ Add rice, roasted sesame seeds and 2 ½ cups water.
- ◆ Press cancel, cover the lid and cook on rice mode (i.e. for 10 minutes).
- ◆ Once 10 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down. Open the lid.
- ◆ Sprinkle the chopped coriander leaves and serve immediately.



Energy  
2038 kcal

Protein  
37.4 mg

Carbs  
273.6 mg

Fat  
88.8 mg

Niacin  
1.6 mg



# Dal Khichdi



## Ingredients

- 1 cup quick cooking brown rice, soaked for 30 minutes
- ¼ cup split skinless green gram (dhuli moong dal), soaked for 30 minutes
- 2 teaspoons ghee + for drizzling
- 1 teaspoon cumin seed (jeera)
- ½ teaspoon asafoetida (hing)
- 1 tablespoon chopped garlic
- 1-2 green chillies, finely chopped
- 1 medium onion, finely chopped
- 1 medium tomato, finely chopped
- 1 teaspoon red chilli powder
- ½ teaspoon turmeric powder
- Salt to taste
- 1 tablespoon chopped fresh coriander leaves

## Method

- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Add ghee to the pot. Add cumin seeds and when it changes colour, add asafoetida and stir.
- ◆ Add garlic and green chillies stir for 1 minute. Add onion and stir till golden brown. Add tomato and stir till soft. Add remaining chilli powder and salt, mix and cook for 1 minute.
- ◆ Add rice, dal and 5 cups water, mix. Press cancel, cover and cook on biryani mode (i.e. for 30 minutes). After 5 minutes the pressure will be released. Lock the pressure by turning the whistle in left or right direction and let it cook for the remaining time.
- ◆ Once 30 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down. Open the lid.
- ◆ Transfer the khichdi in a serving bowl.
- ◆ Sprinkle chopped coriander leaves and mix well.
- ◆ Drizzle some ghee on top and serve hot with yogurt.



Energy  
1255 kcal

Protein  
28.6 mg

Carbs  
194.7 mg

Fat  
27.6 mg

Zinc  
4.6 mg





# Kolambi Bhaat



## Ingredients

- 12-16 medium prawns, shelled and deveined
- 1½ cups basmati rice, soaked
- 1 teaspoon lemon juice
- Salt to taste
- ½ cup fresh coriander leaves
- ½ cup scraped coconut
- 3 green chillies, roughly chopped
- 1 inch ginger piece, roughly chopped
- 6-7 garlic cloves, roughly chopped
- 12-15 fresh mint leaves
- 3 tablespoons oil
- 1 inch cinnamon piece
- 4 black cardamoms
- 2 star anise
- 4 cloves
- 1 teaspoon cumin seeds
- 2 medium onions, finely chopped
- ½ cup coconut milk

## Method

- ◆ Marinate the prawns with lemon juice and salt.
- ◆ Reserve one tablespoon each of coriander leaves and coconut for garnish.
- ◆ Grind the green chillies, ginger, garlic, remaining coriander leaves, mint leaves and remaining coconut to a fine paste.
- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Add the oil and once it is hot, add cinnamon, black cardamoms, star anise, cloves and cumin seeds. Stir for 1 minute.
- ◆ Add the onions, stir for 3-4 minutes or till it turns light golden brown. Add the masala paste, stir-fry for half a minute and add prawns. Sauté for 2-3 minutes.
- ◆ Drain and add the rice, stir gently for a minute. Stir in the coconut milk and 2 cups water.
- ◆ Press cancel, cover with the lid and cook on rice mode (i.e. for 10 minutes).
- ◆ Once 10 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down. Open the lid.
- ◆ Transfer the rice in serving bowl and serve hot garnished with the reserved coriander leaves and coconut.



Energy  
2796 kcal

Protein  
111 mg

Carbs  
1991 mg

Fat  
190.8 mg

Fiber  
16.4 gm



# Chicken Keema Pulao



## Ingredients

- 250 grams minced chicken (keema)
- 1½ cup basmati rice, soaked
- 3 teaspoons oil
- ½ teaspoon cumin seeds
- 5-6 garlic cloves, chopped
- 1 inch ginger, chopped
- 2 green cardamoms
- 2 cloves
- 1 inch cinnamon
- 5 black peppercorns
- 3 green chillies slit
- 2 medium onions, sliced
- Salt to taste
- 1 teaspoon red chilli powder
- ¼ teaspoon turmeric powder
- ¼ cup skimmed milk yogurt
- 1 teaspoon garam masala powder
- 2 tablespoons chopped fresh mint leaves
- 2 tablespoons chopped fresh coriander leaves

## Method

- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Add oil. Once it is hot, add cumin seeds to the cooker. When they begin to change colour, add garlic, chopped ginger, green cardamoms, cloves, cinnamon, peppercorns and green chillies and stir for 1 minute.
- ◆ Add sliced onions and stir till light golden brown. Add chicken mince and continue to stir for 2-3 minutes.
- ◆ Add salt, chilli power and turmeric powder and cook for 2 minutes.
- ◆ Add yogurt and mix well. Stir in garam masala powder.
- ◆ Drain and add rice. Add chopped mint leaves and chopped coriander leaves and 2 cups water. Mix well.
- ◆ Press cancel, cover with the lid and cook on rice mode (i.e. for 10 minutes).
- ◆ Once 10 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down. Open the lid.
- ◆ Serve hot.



Energy  
2038 kcal

Protein  
37.4 mg

Carbs  
273.6 mg

Fat  
88.8 mg

Niacin  
1.6 mg



# Badi Pulao



## Ingredients

- 1½ cups basmati rice, soaked
- 3 Amritsari urad dal badis, crushed
- 3 teaspoons ghee
- ½ teaspoon turmeric powder
- 1 ½ teaspoons red chilli powder
- 2 teaspoons coriander powder
- 1 teaspoon roasted cumin powder
- 1 teaspoon garam masala powder
- Salt to taste
- 4 tablespoons chopped fresh coriander leaves

## Method

- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Add ghee and stir badis until golden. Add rice and stir gently.
- ◆ Add turmeric powder, chilli powder, coriander powder and cumin powder, and stir for 1 minute. Stir in the garam masala powder and salt.
- ◆ Add 2 ½ cups water, mix well. Press cancel, cover the with the lid and cook on rice mode (i.e. for 10 minutes).
- ◆ Once 10 minutes are over, Nutri-Pot will go on “Keep Warm” mode. Press “Cancel” and let the pressure settle down. Open the lid.
- ◆ Serve hot garnished with coriander leaves.



Energy  
1465 kcal

Protein  
32.1 mg

Carbs  
251.8 mg

Fat  
33.6 mg

Niacin  
5.8 mg



# Mutton Khichda



## Ingredients

- ½ kilogram boneless mutton, cut into ½-inch cubes
- ½ cup broken wheat (dalia), soaked for 1 hour and drained
- 1 tablespoon split black gram (dhuli urad dal), soaked for 1 hour and drained
- 1 tablespoon split Bengal gram (chana dal), soaked for 1 hour and drained
- 1 tablespoon split skinless green gram (dhuli moong dal) soaked for 1 hour and drained
- 2 tablespoons ghee
- ½ inch cinnamon stick
- 4-5 cloves
- 3-4 green cardamoms
- 8-10 black peppercorns
- 1 teaspoon caraway seeds (shahi jeera)
- 2 large onions, thinly sliced
- 1 tablespoon ginger-garlic-green chilli paste
- ½ teaspoon turmeric powder
- 1½ teaspoons red chilli powder
- Salt to taste
- 2 teaspoons coriander powder
- 1 teaspoon garam masala powder
- 1 tablespoon chopped coriander leaves
- 1 tablespoon chopped fresh mint leaves
- 2 teaspoons lemon juice
- A few sprigs of fresh mint leaves
- 3-4 lemon wedges
- Fried onions for garnish

## Method

- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Add ghee and once it is hot, add cinnamon, cloves, green cardamoms, black peppercorns and caraway seeds and stir for 1 minute. Add onions and stir till golden brown.
- ◆ Add ginger- garlic -green chilli paste and stir for 2 minutes.
- ◆ Add turmeric powder, chilli powder, salt, coriander powder, garam masala powder, coriander leaves, mint leaves and stir for a minute.
- ◆ Add mutton pieces, dalia, black gram, Bengal gram, green gram and mix well.
- ◆ Add 3 cups water and mix well.
- ◆ Press cancel, cover with a lid and press Health Cooking button once so that the cooker goes on Slow Cook mode (60 minutes).
- ◆ After 5 minutes the pressure will be released. Lock the pressure by turning the whistle in left or right direction and let it cook for the remaining time.
- ◆ Once 60 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down. Open the lid.
- ◆ Add lemon juice and mix well. Transfer in a serving bowl.
- ◆ Serve hot garnished with mint sprigs, lemon wedges and fried onions.

Energy  
1888 kcal

Protein  
124.2 mg

Carbs  
109.7 mg

Fat  
104.1 mg

Vitamin  
B12- 13 mg





# Pasta Hot Pot



## Ingredients

- 1 cup farfalle (bowtie pasta)
- 3 cups vegetable stock
- 1 medium carrot, cut into ½ inch cubes
- ¼ cup shelled green peas
- ¼ small cauliflower, separated into small florets
- 6 fresh button mushrooms, thickly sliced
- Salt to taste
- 1 teaspoon dry mixed herbs
- ¼ cup baked beans

## Method

- ◆ Add the vegetable stock, farfalle, carrot, green peas, cauliflower, mushrooms, salt, dry mixed herbs, baked beans in pre-heated **Wonderchef Nutri-Pot** and mix well.
- ◆ Cover the pot with a lid and cook on rice mode (i.e. for 10 minutes).
- ◆ Once 10 minutes are over, Nutri-Pot will go on “Keep Warm” mode, press “Cancel” and let the pressure settle down. Open the lid.
- ◆ Transfer in serving bowl and serve hot.



Energy  
379 kcal

Protein  
17.5 mg

Carbs  
69.6 mg

Fat  
1.9 mg

Fiber  
16.3 gm





# Snacks



# Missal Pav

## Ingredients

- 1½ cups moth sprouts
- 8 pav
- 2 medium onions, finely chopped
- 4 teaspoons oil
- 1 teaspoon mustard seeds
- ¼ teaspoon asafoetida (hing)
- 8-10 curry leaves
- ½ teaspoon turmeric powder
- 1 tablespoon ginger-garlic paste
- 2 teaspoons red chilli powder
- 1 tablespoon goda masala
- Salt to taste
- 4-5 fresh coriander sprigs
- ½ lemon
- Farsan as required

## Method

- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Add oil and once it is hot, add mustard seeds and let them splutter. Add asafoetida and curry leaves and let curry leaves crackle.
- ◆ Add half the chopped onion, reserving the remaining for topping and stir till translucent. Add turmeric powder and ginger-garlic paste and stir for 1 minute.
- ◆ Add chilli powder and stir. Add goda masala and mix. Add moth sprouts and salt and mix well.
- ◆ Add 2 cups water and mix. Cover and cook on veg curry mode (i.e. for 15 minutes). After 5 minutes the pressure will be released. Lock the pressure by turning the whistle in left or right direction and let it cook for the remaining time.
- ◆ Once 15 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down, open the lid.
- ◆ Finely chop coriander sprigs. Cut lemon into small pieces. Transfer on a plate.
- ◆ Spread some farsan in a serving bowl and pour the missal on top. Sprinkle some farsan, some reserved chopped onion, chopped coriander leaves and place a lemon piece on top.
- ◆ Serve hot with pav.



Energy	1884 kcal
Protein	53.7 mg
Carbs	256.3 mg
Fat	68.1 mg
Fiber	21.5 gm



# Jain Pav Bhaji

## Ingredients

- 4 medium unripe bananas, peeled and grated
- 4 teaspoons butter
- ¼ small cauliflower, grated
- ¼ cup shelled green peas
- 3-4 green chillies, finely chopped
- 6 medium tomatoes, finely chopped
- 4 tablespoons pav bhaji masala
- 1 medium green capsicum, finely chopped
- Salt to taste
- ¼ cup chopped fresh coriander
- 8 roasted pav

## Method

- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Add butter and once it is hot, add the cauliflower, green peas and stir for a minute. Add the grated bananas and mix. Add the green chillies and tomatoes and mix.
- ◆ Add pav bhaji masala, green capsicum, salt and stir for 2-3 minutes. Add 1½ cups of water and mix.
- ◆ Press cancel, cover and cook on veg curry mode (i.e. for 15 minutes). After 5 minutes the pressure will be released. Lock the pressure by turning the whistle in left or right direction and let it cook for the remaining time.
- ◆ Once 15 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down. Open the lid.
- ◆ Transfer into a bowl, sprinkle coriander leaves and serve hot with roasted pav.



Energy  
931 kcal

Protein  
25.7 mg

Carbs  
132.9 mg

Fat  
19.2 mg

Fiber  
29.3 gm





# Kanchipuram Idlis

## Ingredients

- 1 cup rice, soaked for 3-4 hours
- ½ cup split skinless black gram (urad dal), soaked for 3-4 hours
- ¼ teaspoon fenugreek seeds (methi dana), soaked for 3-4 hours
- ½ teaspoon turmeric powder
- 20-25 black peppercorns
- 2 teaspoons split Bengal gram (chana dal)
- A pinch asafoetida (hing)
- Salt to taste
- ½ cup skimmed milk yogurt
- 1 tablespoon pure ghee + for greasing

## Method

- ◆ Drain rice, black gram and fenugreek seeds and blend together with sufficient water to make a smooth batter. Transfer in a bowl.
- ◆ Add turmeric powder, peppercorns, Bengal gram, asafoetida and salt and mix well.
- ◆ Add yogurt and ghee, mix well and ferment overnight.
- ◆ Add water to the electric pressure cooker and place a stainless steel ring so that it forms an elevation for a thali which will be kept upside down on the ring.
- ◆ Grease idli mould with some ghee and pour the prepared batter and place the mould on the thali.
- ◆ Cover and press the Health Cooking button twice so that **Nutri-Pot** goes on Steam mode. (15 minutes.)
- ◆ After 5 minutes the pressure will be released. Lock the pressure by turning the whistle in left or right direction and let it cook for the remaining time.
- ◆ Once 15 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down. Open the lid.
- ◆ Demould and serve hot with coconut chutney.

Energy  
1607 kcal

Protein  
45.8 mg

Carbs  
217.1 mg

Fat  
58.4 mg

Niacin  
5.5 mg



# Khaman Dhokla

## Ingredients

- 2 cups gram flour
- 1 cup skimmed milkyogurt, whisked
- Salt, to taste
- 2-3 green chillies
- 1 inch ginger
- ½ teaspoon turmeric powder
- 2 teaspoons oil
- ½ teaspoon soda bicarbonate
- 1 tablespoon lemon juice
- 1 teaspoon mustard seeds
- 1 tablespoon sugar
- 2 tablespoons chopped fresh coriander leaves
- 2 teaspoons scraped fresh coconut

## Method

- ◆ Take gram flour in a bowl. Add yogurt and warm water and whisk well so that there are no lumps. The mixture should be of a slightly thick consistency. Add salt and leave it covered to ferment for 3-4 hours.
- ◆ Grind green chillies and ginger into a paste.
- ◆ When gram flour mixture has fermented, add turmeric powder and green chilli-ginger paste. Adjust seasoning and mix well.
- ◆ Grease a thali.
- ◆ In a small bowl take soda bi-carbonate, 1 teaspoon oil and lemon juice. Mix and add to the gram flour mixture and whisk briskly.
- ◆ Pour batter into the greased thali.
- ◆ Add water to **Wonderchef Nutri-Pot** and place a stainless steel ring so that it forms an elevation for the thali with batter.
- ◆ Cover and press the Health Cooking button twice so that the cooker goes on Steam mode. (15 minutes.)
- ◆ After 5 minutes the pressure will be released. Lock the pressure by turning the whistle in left or right direction and let it cook for the remaining time.
- ◆ Once 15 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down, open the cooker lid.
- ◆ Heat remaining oil in a small non-stick pan. Add mustard seeds. When the seeds begin to splutter, add sugar and ½ cup water. Once the sugar dissolves, remove and pour over the dhoklas.
- ◆ Cut into desired shapes and serve garnished with coriander leaves and coconut.

Energy  
1264 kcal

Protein  
51.6 mg

Carbs  
118.4 mg

Fat  
63.2 mg

Fiber  
34.3 gm



# Spinach & Cheese Idlis

## Ingredients

- ½ cup spinach puree
- ¼ cup grated processed cheese
- ½ cup split black gram (urad dal), soaked for 3-4 hours
- 1 cup idli rawa, soaked for 3-4 hours
- Salt to taste
- Oil for greasing
- ½ teaspoon crushed black peppercorns

## Method

- ◆ Drain and grind black gram, using water as required, to make a smooth and spongy batter.
- ◆ Drain idli rawa and add to the batter and mix well. Add salt and spinach puree and mix well.
- ◆ Add water to **Wonderchef Nutri-Pot** and place a stainless steel ring so that it forms an elevation for a thali which will be kept upside down on the ring.
- ◆ Grease idli mould with some oil and pour the prepared batter, top up with cheese, sprinkle crushed peppercorns and place the mould on the thali.
- ◆ Cover and press the Health Cooking button twice so that the cooker goes on Steam mode. (15 minutes.)
- ◆ After 5 minutes the pressure will be released. Lock the pressure by turning the whistle in left or right direction and let it cook for the remaining time.
- ◆ Once 15 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down. Open the lid.
- ◆ Demould and serve hot with coconut chutney.

Energy  
1884 kcal

Protein  
53.7 mg

Carbs  
256.3 mg

Fat  
68.1 mg

Fiber  
21.5 gm



# Moongdal Idli

## Ingredients

- 1/3 cup skinless green gram (dhuli moong dal), soaked
- 1/3 cup skinless black gram (dhuli urad dal), soaked
- 1 green chilli
- 1/2 inch ginger
- 1/4 teaspoon turmeric powder
- A small pinch asafoetida (hing)
- Salt to taste
- Oil for greasing

## Method

- ◆ Drain and grind the urad dal with 3 tablespoons water to a smooth paste. Transfer into a deep bowl.
- ◆ Drain and grind the moong dal with the green chillies and ginger and 2 tablespoons water to a slightly coarse paste. Add to the urad dal and mix well.
- ◆ Add the turmeric powder, asafoetida and salt and mix well. Cover and set aside to ferment for about 4 hours. It should not ferment too much.
- ◆ Add water to **Wonderchef Nutri-Pot** and place a stainless steel ring so that it forms an elevation for a thali which will be kept upside down on the ring.
- ◆ Grease idli mould with some oil and pour the prepared batter and place the mould on the thali.
- ◆ Cover and press the Health Cooking button twice so that Nutri-Pot goes on Steam mode. (15 minutes.)
- ◆ After 5 minutes the pressure will be released. Lock the pressure by turning the whistle in left or right direction and let it cook for the remaining time.
- ◆ Once 15 minutes are over, the cooker will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down. Open the lid.
- ◆ Demould and serve hot with coconut chutney.

Energy  
483 kcal

Protein  
31.8 mg

Carbs  
71.4 mg

Fat  
6.3 mg

Fiber  
15.1 mg





# Semiyan Idli

## Ingredients

- ½ cup vermicelli (semiyan), broken
- ¼ cup semolina
- 1 cup skimmed milk yogurt
- 1 green chilli, chopped
- ½ inch ginger, peeled and grated
- Salt to taste
- 1 teaspoon fruit salt
- 1 teaspoon oil + for greasing
- ¼ teaspoon mustard seeds
- 4-5 curry leaves, chopped

## Method

- ◆ Mix together the vermicelli, semolina, yogurt, green chilli, ginger and salt in a bowl. Set aside for 30-40 minutes. Add the fruit salt and mix well.
- ◆ Heat 1 tablespoon oil in a small non-stick pan. Add mustard seeds and once they start to splutter add curry leaves and mix. Add this tempering to the batter and mix well.
- ◆ Add water to **Wonderchef Nutri-Pot** and place a stainless steel ring so that it forms an elevation for a thali which will be kept upside down on the ring.
- ◆ Grease idli mould with some oil and pour the prepared batter and place the mould on the thali.
- ◆ Cover and press the Health Cooking button twice so that Nutri-Pot goes on Steam mode. (15 minutes)
- ◆ After 5 minutes the pressure will be released. Lock the pressure by turning the whistle in left or right direction and let it cook for the remaining time.
- ◆ Once 15 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down. Open the cooker lid.
- ◆ Demould and serve hot with choice of chutney.

Energy  
543 kcal

Protein  
15.8 mg

Carbs  
56.5 mg

Fat  
27.6 mg

Niacin  
11 mg



# White Dhokla

## Ingredients

- ½ cup rice, soaked and drained
- ½ cup split skinless black gram, soaked and drained
- ½ cup skimmed milk yogurt
- 1 teaspoon fruit salt
- 1 teaspoon ginger-green chilli paste
- Salt, to taste
- 2 teaspoons oil + for greasing
- 1 teaspoon mustard seeds
- ½ teaspoon asafoetida
- 8-10 curry leaves

## Method

- ◆ Grind together rice and black gram with ½ cup water to make a smooth and thick batter. Transfer into a bowl.
- ◆ Add yogurt and whisk. Cover with a lid and keep in a warm place to ferment overnight.
- ◆ Add fruit salt, ginger-green chilli paste and salt and mix. Add 1 tablespoon oil and mix well.
- ◆ Add water to **Wonderchef Nutri-Pot** and place a stainless steel ring so that it forms an elevation for a thali.
- ◆ Grease a thali with some oil and pour the prepared batter. Place the thali on the ring.
- ◆ Cover and press the Health Cooking button twice so that Nutri-Pot goes on Steam mode. (15 minutes)
- ◆ After 5 minutes the pressure will be released. Lock the pressure by turning the whistle in left or right direction and let it cook for the remaining time.
- ◆ Once 15 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down. Open the lid.
- ◆ To prepare tempering, heat remaining oil in a non-stick pan. Add mustard seeds and let them splutter. Add asafoetida and curry leaves and sauté for 10 seconds.
- ◆ Pour the tempering over dhoklas and spread.
- ◆ Cut and serve.



Energy  
1048 kcal

Protein  
35.7 mg

Carbs  
133.8 mg

Fat  
38.8 mg

Niacin  
3.7 mg



# Desserts

# Baby Food





# Death By Chocolate

## Ingredients

### Sponge Cake

- 2 cups refined flour (maida) + for dusting
- 2 teaspoons baking powder
- 2 cups butter + for greasing
- 2 cups castor sugar
- 6 eggs
- A few drops of vanilla essence
- 4 tablespoons milk
- 1/3 cup melted dark chocolate

### Sugar Syrup

- 3/4 cup sugar

### Truffle


- 125 grams fresh cream
- 250 grams dark chocolate, chopped

### Chocolate Layering

- 1 cup chopped dark chocolate
- 2 tablespoons butter
- 1/4 cup brown sugar
- 1/2 cup fresh cream
- 3 tablespoons coffee decoction

## Method

- ◆ To make the sponge, sift the flour and baking powder together into a bowl. Set aside.
- ◆ Cream together the butter and castor sugar till fluffy. Add the eggs one by one and mix till well blended. Add the vanilla essence and mix well.
- ◆ Fold the flour into the butter mixture and mix well. Add the milk and melted chocolate and mix well.
- ◆ Grease the bottom and sides of **Wonderchef Nutri-Pot's** inner pot with butter and dust with some refined flour.
- ◆ Pour the batter into the greased pot and press the Personalized Cooking button once so that Nutri-Pot goes on Cake mode (25 minutes.)
- ◆ Once 25 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down. Open the lid, demould the cake and transfer on a cooling rack.
- ◆ To make the sugar syrup, heat three-fourth cup water in a deep non-stick pan. Add the sugar and stir till it dissolves completely. Remove from heat and set aside.
- ◆ To make the truffle, heat the cream in a non-stick pan till it just begins to boil. Place the chopped chocolate in a bowl and add the cream to it. Mix well till the chocolate melts. Keep in the refrigerator to set.
- ◆ To make the chocolate layering, melt the dark chocolate, butter and brown sugar together in a non-stick pan. Mix well till the chocolate melts.
- ◆ Add the cream and coffee decoction and mix well. Remove from heat and allow it to cool.
- ◆ Cut the cake into four horizontally. Drizzle the sugar syrup on each layer. Divide the chocolate layering mixture into four equal portions and spread evenly on all the four layers.
- ◆ Place the layers one on top of the other and place the entire cake in the refrigerator for an hour.
- ◆ Melt three-fourth of the truffle and pour on the prepared cake and pat the cake gently so that the mixture covers the cake evenly.
- ◆ Put the remaining truffle into a piping bag and pipe out rosettes on the edges of the cake. Refrigerate the cake for half an hour.
- ◆ Remove, cut into eight pieces and serve.



Energy	Protein	Carbs	Fat	Iron
7967 kcal	91.4 mg	853.4 mg	494.4 mg	19.3 mg





# Devil's Food Cake

## Ingredients

- 1½ cups refined flour (maida) + for dusting
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 teaspoon baking soda
- ½ cup butter + for greasing
- 1 cup powdered sugar
- 2 eggs
- 1/3 cup chopped cooking chocolate
- ½ cup milk
- ½ teaspoon lemon juice
- 1 teaspoon vanilla essence

## Method

- ◆ Sift the flour, baking powder, salt and baking soda together in a bowl.
- ◆ Cream the butter and sugar in another bowl until light and fluffy. Add the eggs one at a time and beat well after each addition.
- ◆ Melt the chocolate in half a cup of boiling water. Cool slightly. Stir this into the egg mixture.
- ◆ Fold in the flour mixture, milk, lemon juice and vanilla essence, mixing gently till well blended.
- ◆ Grease the bottom and sides of **Wonderchef Nutri-Pot's** inner pot with butter and dust with some refined flour.
- ◆ Pour the batter into the pot and press the Personalized Cooking button once so that the cooker goes on Cake mode. (25 minutes.)
- ◆ Once 25 minutes are over, the cooker will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down. Open the lid, demould the cake and transfer on a cooling rack.
- ◆ Slice and serve.

Energy  
2038 kcal

Protein  
37.4 mg

Carbs  
273.6 mg

Fat  
88.8 mg

Niacin  
16 mg



# Eggless Black Forest Gateau

## Ingredients

- ½ cup cocoa powder
- Chocolate curls or grated chocolate, as required
- 1 cup refined flour (maida) + for dusting
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ¾ cup butter + for greasing
- ½ cup condensed milk
- 1 teaspoon vanilla essence
- 5 tablespoons milk
- ½ cup tinned cherries, with syrup
- 2 cups whipping cream

## Method

- ◆ Sift the flour, cocoa powder, baking powder and baking soda together into a bowl.
- ◆ Cream the butter and condensed milk together in another bowl till fluffy. Add the vanilla essence and mix well.
- ◆ Fold the flour into the butter mixture gently, adding the milk as you mix.
- ◆ Grease the bottom and sides of **Wonderchef Nutri-Pot's** inner pot with butter and dust with some refined flour.
- ◆ Pour the batter into the greased pot and press the Personalized Cooking button once so that the cooker goes on Cake mode. (25 minutes.)
- ◆ Once 25 minutes are over, the cooker will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down, open the lid, demould the cake and transfer on a cooling rack.
- ◆ Cut the cake into half horizontally and sprinkle each half with cherry syrup from the tinned cherries.
- ◆ Whip the cream until stiff. Place the bottom half of the cake on a serving plate and spread half the whipped cream over it. Cover with the top half of the cake. Spread the remaining cream over the top and sides.
- ◆ Decorate the gâteaux with chocolate curls or grated chocolate and cherries and chill in the refrigerator.
- ◆ Cut into wedges and serve chilled.



Energy  
2796 kcal

Protein  
111 mg

Carbs  
1991 mg

Fat  
190.8 mg

Fiber  
16.4 gm



# Stewed Apples

## Ingredients

- 1 medium (120 grams) apple, peeled, cored and roughly chopped
- A pinch of cinnamon powder
- A pinch of salt

## Method

- ◆ Transfer the chopped apple, cinnamon powder and salt in **Wonderchef Nutri-Pot** with 2 cups water.
- ◆ Cover with the lid, press the Personalized Cooking button thrice so that Nutri-Pot goes on Baby Food mode (15 minutes.)
- ◆ Once 15 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down, open the cooker lid. Mash the contents with the back of a spoon and pass through a sieve.
- ◆ Transfer into a serving bowl and serve warm.

Energy  
1264 kcal

Protein  
51.6 mg

Carbs  
118.4 mg

Fat  
63.2 mg

Fiber  
34.3 gm



# Green Peas & Carrot Dalia

## Ingredients

- 1 cup broken wheat (dalia), soaked for 30 minutes and drained
- ½ cup shelled green peas
- 2 small carrots, peeled and diced
- 1 tablespoon rice bran oil
- 1 teaspoon cumin seeds
- 1 small onion, chopped
- 1 medium tomato, seeded and chopped
- Salt to taste

## Method

- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Add the oil and once it is hot add the cumin seeds. As they begin to change colour, add the onion and stir till lightly coloured.
- ◆ Add the green peas, carrots and tomato and stir for 1 minute.
- ◆ Add the dalia and 3 cups of water; add salt and mix well.
- ◆ Press cancel, cover the pot with the lid, press the Personalized Cooking button thrice so that Nutri-Pot goes on Baby Food mode. (15 minutes)
- ◆ Once 15 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down. Open the lid. Mash the contents with the back of a spoon.
- ◆ Transfer into a serving bowl and serve warm.



Energy  
931 kcal

Protein  
25.7 mg

Carbs  
132.9 mg

Fat  
19.2 mg

Fiber  
29.3 gm





# Carrot Potato Mash

## Ingredients

- 1 small (50 grams) carrot, peeled and sliced
- 1 small (80 grams) potato, peeled and roughly chopped
- 2 teaspoons homemade white butter
- A pinch of salt

## Method

- ◆ Pre-heat **Wonderchef Nutri-Pot** by pressing Sauté button on it.
- ◆ Add white butter and once it is hot, add the carrot, potato, salt, 2 cups water and mix well.
- ◆ Press cancel, cover the pot with the lid, press the Personalized Cooking button thrice so that Nutri-Pot goes on Baby Food mode. (15 minutes.)
- ◆ Once 15 minutes are over, Nutri-Pot will go on "Keep Warm" mode, press "Cancel" and let the pressure settle down, open the cooker lid. Mash the contents with the back of a spoon and pass through a sieve.
- ◆ Transfer into a serving bowl and serve warm.

Energy  
2038 kcal

Protein  
37.4 mg

Carbs  
273.6 mg

Fat  
88.8 mg

Niacin  
1.6 mg

# Glossary

English Name	Hindi Name
Aniseed/Fennel Seed	Saunf
Asafoetida	Hing
Basil	Tulsi
Bay leaf	Tejpatta
Cumin/Caraway seeds	Jeera
Black Pepper	Kali Mirch
Black Salt	Kala Namak
Cardamom	Elaichi
Carom/Thymol seeds	Ajwain
Cinnamon	Dalchini
Clove	Laung
Coriander seeds	Dhania
Dry Fenugreek Leaves	KasooriMethi
Dry Ginger	Sunth
Dry Mango powder	Amchoor
Dried Pumpkin/Water Melon seeds	Magaz
Fenugreek seeds	Methi Dana
Onion seeds	Kalonji
Mace	Javitri
Mustard seeds	Rai/Sarson
Nutmeg	Jaiphal
Pomegranate seeds	Anardana
Poppy seeds	KhusKhus
Saffron	Kesar
Sesame seeds	Til
Turmeric	Haldi
Vinegar	Sirka
Bengal gram, split	Chana Dal
Black Gram, skinless split	Dhuli udad dal
Colocasia	Arbi
Cottage Cheese	Paneer
Curry Leaves	KadhiPatta
Gram Flour	Besan
Green Gram, skinless split	Dhuli Moong Dal
Green Gram, whole	Sabut Moong Dal
Olive	Jaitun
Pigeon peas, split	Toovar dal/arhar dal
Prawns	Jhinga

## English Name

## Hindi Name

Refined flour	Maida
Rice, parboiled	Ukdachawal
Semolina	Sooji/rawa
Shallots	Chhote Pyaaz
Shrimp	Chotta Jhinga
Yogurt	Dahi
Avocado	Nashpati
Muskmelon	Kharbuza
Sardines	Pedvi machli
Soyabean cheese	Tofu
Chick peas	Chole
Almonds	Badam
Walnuts	Akhrot
Flax seeds	Alsidana
Chia seeds	Sabja
Curry leaves	Cadipatta
Capsicum	Shimla mirch
Millet	Bajra
Sorghum	Jowar
Mint leaves	Phudina
Cottage cheese	Paneer
French beans	Phansi
Pineapple	Annanas
Wheat crackers	Toast
Besan	Chane ka atta
Corn	Makai
Bottlegourd	Dudhi
Custard apple	Sitafal
Fig	Anjeer
Dates	Khajoor
Raisins	Kismis
Naugat	Chikki
Blueberries	Nila jamun
Collard greens	Hara sabji
Bitter gourd	Karela
Guava	Peru
Spring onions	Haripyaaj
Orange	Santra
Watermelon	Kalingar
Mango	Aam
Hemp seeds	Sana bheej





Cookware



Pressure  
Cookers



Electrical  
Appliances



Large  
Appliances



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**WONDERCHEF**

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