

News monitored for: Frito Lay - Brands

# Dinner is best served with ek muthi pyaar



October Fest

## TIP OF THE DAY FROM CHEF VIKAS KHANNA:

Gift your heart the love it needs with a handful of oats. Roast Quaker Oats & add to your salad vegetables with little dressing. This would not only give you crunchy taste but help you get the whole grain serve that you truly need.

It's the day some dread because of the starvation involved and some drool over the romance of fasting for their husband - Karva Chauth. But surely it is the day when food is on everyone's mind, be it on their plate or not.

This Karva Chauth, dare to be different and cook a meal for your wife. But do it with a twist - add oats in your selected recipe, as it seamlessly fits into any dish, increasing the nutritional value and yet retains the delicious taste of the dish. 'Ek Muthi Quaker' in your meals will provide you with wholegrain, protein and fibre, with the energy to keep you going.

### RECIPE OF THE DAY: QUAKER OATS TOMATO RICE

#### INGREDIENTS

- ¾ cup (75g) Quaker Oats - roasted
- ½ cup (50g) brown rice
- 1tsp red chilli powder
- 2 large tomatoes - finely chopped
- 2 medium tomatoes - cut into 6 pieces
- 2 green chillies - slit
- 2tbsp lemon juice
- salt to taste

#### PREPARATION

- Cook rice in 6-8 cups

water with a little salt for 7-8 mins till rice turns tender yet firm.

- Strain and keep it aside to cool.
- Heat a pan. Add chopped tomatoes and cook them for 4-5 mins.
- Add salt, red chilli powder and green chillies.
- Add the larger pieces of tomatoes and cook for 1-2 mins.
- Add roasted Quaker Oats and mix for 1-2 mins.
- Add rice and mix. Add lemon juice and mix lightly. Serve hot.

SERVES: 4