

## Season 16 Episode 1626 Fatima Ali

### Juice

#### **Ultimate Breakfast Juice**

Serves 2

2 cups packed watercress  
1 granny smith apple  
1 fuji apple  
1 English cucumber, quartered  
8 stalks celery, cut into 1 inch pieces  
Lemon  
2 inch knob of peeled ginger  
¼ pineapple  
Juice of 1 lemon

**Method:** Add ingredients to juicer.

### Fatima Ali Recipe

#### **Mustard Seed Shrimp**

*Serves 4-6*

**Eat Well with Ming:** Black mustard seeds are a good source of calcium, manganese and omega 3 fatty acids

**Allergy Free Note:** dairy free, gluten free, peanut free, tree nut free

1 pound 16-20 shrimp  
1 cup diced tomatoes (3 whole)  
1 cup chicken stock  
2 inches ginger, julienned  
4 cloves garlic, sliced  
2 tablespoons black mustard seeds  
1 cup baby spinach  
1 bunch cilantro, save for garnish  
2 tablespoons turmeric  
2 stems curry leaves  
1 cup steamed basmati rice.

1. Grind cumin seeds with the black mustard seeds.
2. Heat a sauté pan on medium heat and add 1 tablespoon extra virgin olive oil. Add ground spices with 2 tablespoons turmeric, 1 teaspoon chile pepper, garlic, ginger, curry leaves and chicken stock. Mix to combine.
3. Add tomatoes and stir so that everything is well combined. Allow to sauté for 5 minutes to melt the tomatoes.
4. Season the shrimp with salt and pepper. Once tomatoes have melted down, add the shrimp and spinach and let wilt while the shrimp cook.

5. Once the shrimp are cooked serve with basmati rice and garnish with fresh cilantro.

### **Chickpea Pomegranate “Chaat” Salad**

1 can chickpeas  
1 small red onion, diced (or ½ large)  
1 serrano chili, finely minced  
½ cup pomegranate seeds  
2 Yukon gold potatoes, boiled and diced  
1 avocado diced  
1 lemon, ½ juiced  
1 orange, ½ juiced  
1 cup plain Greek yogurt  
1 bunch mint, 2 tablespoons minced  
Chaat masala  
Za’atar  
Kosher pepper and freshly ground black pepper  
Extra virgin olive oil

1. Combine yogurt, orange juice, lemon juice, salt and pepper. Mix well to combine. Set aside.
2. In a bowl, add the chickpeas, onions, avocado, potatoes and mint with extra virgin olive oil. Toss gently to combine.
3. Add salt and pepper to taste, lemon juice and sprinkle in chaat masala and za’atar. Gently mix to combine well.

### **Ming Tsai Recipe**

#### **Curry Chickpea and Tofu Stew on House Rice**

*Serves 4*

**Eat Well with Ming:** Did you know San Marzano tomatoes contain the highest amount of lycopene compared to other tomatoes?

**Allergy Free Note:** peanut free, tree nut free, dairy free

1 28-ounce can San Marzano tomatoes  
2 cans chickpeas, drained and rinsed  
3 carrots  
Celery  
1 head cauliflower, cut into florets  
5 cloves garlic, thinly sliced  
Ginger  
8 ounces coconut milk  
Cilantro  
Thai bird chiles

Curry powder  
Watercress  
2 blocks tofu, cubed  
Lemongrass, larger slices, 2 inches long  
Vegetable stock  
House Rice  
Lapsong souchong tea  
1/3 cup toasted walnuts  
1 ½ tablespoons fish sauce  
Thai basil

1. Red cabbage leaves- steam in wok fit with steamer. Add black tea in water in wok and add steamer on top. Let steam.
2. Add 2 tablespoons extra virgin olive oil to hot wok. Add 1 thinly sliced red onion. Season with salt and pepper and allow onions to start to cook down.
3. Add house rice, caramelize onion and toss to combine and stir fry.
4. In a large pot, add 2 tablespoons evoo with minced red onion. Add tomatoes, chiles, lemongrass ginger, garlic and fish sauce. Let reduce about 10 minutes. Season with salt and pepper and allow to come to a simmer, about 6-8 minutes to allow lycopene to reach full potential.
5. Add 1 minced carrot and 2 minced stalks of celery. Add chickpeas and 2/3 head of cauliflower florets. Add coconut milk and bring to a simmer, about 8-10 minutes.
6. Add juice of 2 limes, 3 sprigs Thai basil and tofu. Stir to combine.
7. Serve on top of steamed red cabbage leaves with house rice.

House Rice (50/50 Brown & White Rice)

1 ½ cups brown rice  
1 ½ cups white rice

1. Rinse brown rice and let soak in fresh cold water to cover for about 1 hour.
2. In the meantime, rinse the white rice by filling a bowl with water and stirring by hand. Drain and repeat until the water in the bowl is clear.
3. Add both the brown and the white rice to saucepan. Flatten the rice with your palm and without removing it, add water until it touches the highest knuckle of your middle finger.
4. Cover and boil over high heat for 10 minutes.
5. Reduce the heat to medium and simmer for 30 minutes. Turn off the heat and let the rice stand, covered, to plump, 20 minutes. Stir gently and serve.

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