

India's Turnip Tikka Masala + Street-style Hakka Noodles + Classic Indian Sweet Yogurt Lassi



india's turnip tikka masala

snip + grate + mince + chop

Use a pair of clean scissors to snip **1 green onion** into small bits. Peel and grate **1 large carrot** carefully using a box grater. Peel and mince **1 clove garlic**. Chop **2 small turnips** and **1 Yukon gold potato** into 1-inch pieces.

melt + sauté + add + stir

Melt 2 T butter in a large skillet. Saute the onion, garlic, and carrot. Stir in **1 ½ T garam masala** spice mixture. Add chopped turnips and potato and stir to coat in spice mixture. Then add **½ C water**, **1 14-oz can chopped tomatoes**, **2 tsp sugar**, **1 ½ tsp salt**. Stir and cover the skillet. Turn heat to low and let simmer. Meanwhile, boil **8 oz angel hair pasta** for the **Street-style Hakka Noodles!**

chop + add + stir

Chop **1 banana** into very small bits! Add to the skillet and cook for 1 more minute, uncovered. Taste and add more seasoning as necessary. Serve over fried **Street-style Hakka Noodles** and ENJOY!

Family Fun Recipes

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street-style hakka noodles

boil + snap + drizzle

Boil **6 C water** in a sauce pot. Snap **8 oz angel hair pasta** in half and add to the boiling water. Boil for 3 minutes; then drain and drizzle noodles with **olive oil** to keep from sticking.

mince + grate + snip

Mince **1 clove garlic**, grate **1-inch piece of peeled fresh ginger**, and snip **3 green onions** into thin pieces.

measure + whisk + sauté

Measure and whisk together **2 T soy sauce**, **1 tsp sugar**, and **1 T vinegar**. Add 1 T olive oil or butter to a medium-sized skillet and sauté the garlic, ginger, and onions for 30 seconds. Add the boiled angel hair pasta and soy sauce mixture to the skillet. Break up the noodles with a spatula to coat them in the sauce. Serve noodles topped with **Turnip Tikka Masala** and ENJOY!

classic indian sweet yogurt lassi

chop + measure + blend + pour

Peel and chop **2 ripe bananas** and add to a blender. Measure and add **2 T sugar**, **½ C cream or yogurt** and **2 C ice**. Blend until the mixture is thick and smooth, adding more cream, yogurt, or water if you need to thin it out some. Pour into cups and CHEERS!

::continued::



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shopping list!

India's Turnip Tikka Masala

- | | |
|---|--|
| <input type="checkbox"/> 1 green onion | <input type="checkbox"/> 1 -2 T Garam Masala seasoning |
| <input type="checkbox"/> 1 clove garlic | <input type="checkbox"/> 2 tsp sugar |
| <input type="checkbox"/> 1 carrot | <input type="checkbox"/> 1 ½ tsp salt |
| <input type="checkbox"/> 2 small turnips | <input type="checkbox"/> ½ C water |
| <input type="checkbox"/> 1 Yukon gold or red potato | <input type="checkbox"/> 2 T butter or olive oil |
| <input type="checkbox"/> 1 14-oz can diced tomatoes | <input type="checkbox"/> 1 ripe banana |
| | <input type="checkbox"/> ¼ C cream or plain yogurt |

Street-style Hakka Noodles

- 8 oz angel hair pasta
- 1 clove garlic
- 1-inch piece fresh ginger
- 3 green onions
- 2 T soy sauce
- 1 tsp sugar
- 1 T vinegar
- olive oil for drizzling

Sweet Yogurt Lassi

- 2 ripe bananas
- 2 T sugar
- 2 C ice
- ½ C cream or plain yogurt

::continued::

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Slicing, Chopping, Mincing, Mixing, Blending!

SLICING: to cut into pieces using a sawing motion with your knife!

CHOPPING: to cut food into rough pieces that are not usually the same size!

MINCING: to cut food into teeny tiny pieces!

What Can We Learn About Turnips?

Turnips may **LOOK** like potatoes, but they're actually not related to potatoes at all! Turnips are related to radishes, mustard greens, broccoli, cauliflower and collard greens! They're a member of the Brassica Family. Smell them - they smell spicy like radishes! They have a sweet, peppery, slightly spicy flavor.

Before people carved pumpkins into jack-o-lanterns on Halloween, they carved turnips!

The origin of turnips is uncertain, though it's believed to be somewhere in Asia or Europe.

Turnips are rich in vitamin C and potassium. Leafy part of the plant contains more nutrients compared to the root. Both Vitamin C and potassium are essential for heart health!

What the heck are Tikka Masala and Hakka Noodles?!

Tikka masala is a dish made of marinated chunks of chicken in a creamy red-orange sauce. Though its origin isn't certain, the most popular view is that the dish was invented by an Indian migrant chef, most likely somewhere in the United Kingdom. While not considered a traditional Indian dish, tikka masala has become one of the most popular dishes throughout the United Kingdom. It was invented, they say, to satisfy the British people's preference to have meat cooked and served in some kind of gravy. **Hakka noodles originated when Chinese people settled in Kolkata** and developed a new cuisine by adding Indian spices to their traditional foods, like noodles. Hakka noodles became world-famous. They're loved for their flavor combination of Indian spices and Chinese sauces.

Time for a laugh!

Why did the Tikka Masala cross the road? **Because it was in a curry!**

Why do turnips make good detectives? **Because they keep their eyes peeled.**

Why did the turnip cross the road? **He saw a fork up ahead!**

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