

SPICY RECIPES TO SATISFY YOUR PREGNANCY CRAVINGS



Adobo chicken

1. 1/2 cup vinegar, bay leaves, minced garlic cloves, freshly ground black pepper, and crushed red pepper flakes. Stir until they mix well.
2. Next, add the chicken pieces to the marinade and mix well, ensuring that the marinade fully covers the chicken. Allow the chicken to marinate in the refrigerator overnight.
3. Over medium heat, warm the cooking oil in a large pan. Add the marinated chicken and cook for five minutes on each side. Carefully drain out any excess oil from the pan.
4. Pour the reserved marinade into the pan and add water. Reduce the flame to lower heat and cover the pan. Allow simmering for 15 minutes on each side.
5. Transfer it to a bowl and serve with boiled rice.



Cucumber noodle salad with spicy dressing

1. For the dressing, whisk together 2tbsp cashew nut butter, 1tbsp soy sauce, 1/2tbsp fresh lime juice, 1/2tbsp light agave, 1 clove garlic, finely grated, 1/2tsp finely grated ginger, and 1/8tsp cayenne pepper until creamy. Add about 1/2tbsp of water to thin and whisk well.
2. Grate the cucumber into long slices.
3. Boil noodles and discard the excess water.
4. Place some chopped lettuce on a plate. Pile the cucumber and noodles on it. Add some dressing and sprinkle some chopped basil before serving.

