

HEALTHY BREAKFAST

CREAMY OATS WITH BANANA

Serves: 2

Preparation time: 5min

Cooking time: 10 min

Ingredients

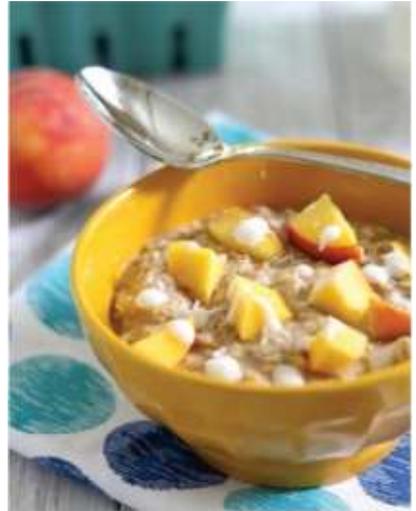
- ½ cup oats, uncooked
- 1 cup water
- 1 cup low-fat milk
- 1 pinch salt
- 1 med banana, sliced

Method

- 1 Add oats, water, milk, and salt to a pot and bring to boil over medium heat. Once it starts to boil, stir constantly to prevent lumps, then simmer until cooked about 5-10 minutes.
- 2 Oats can be eaten with fresh fruit such as banana, a peach or orange, and cinnamon.

Cook's Tips

- Prepare oats as explained, or mix in a large enough glass bowl and microwave for 3-5 minutes, depending on your microwave. Stir often and make sure it does not boil over.
- Pumpkin or sunflower seeds are delicious with oats and fruit. Try chopped raw, unsalted almonds – 2 tbsp per portion of oats.
- If you are used to sugar on your oats, try this version – the fruit adds a natural sweetness and you won't miss the sugar.
- If you struggle at first, gradually reduce the sugar until you do not need it at all anymore.



Did you know ?

Oats is high in fibre and is known as effective in lowering high blood cholesterol. Compared to boxed cereal, you can control the amount of salt and sugar when cooking oats. Serve it in different ways to keep it interesting. Try other spices or mixed spice with any seasonal fruit like kiwi, banana, plums, apple and/or strawberries.

HEALTHY BREAKFAST

SPICY MUG OMELETTE

Serves: 1

Preparation time: 5 min

Cooking time: 2 min

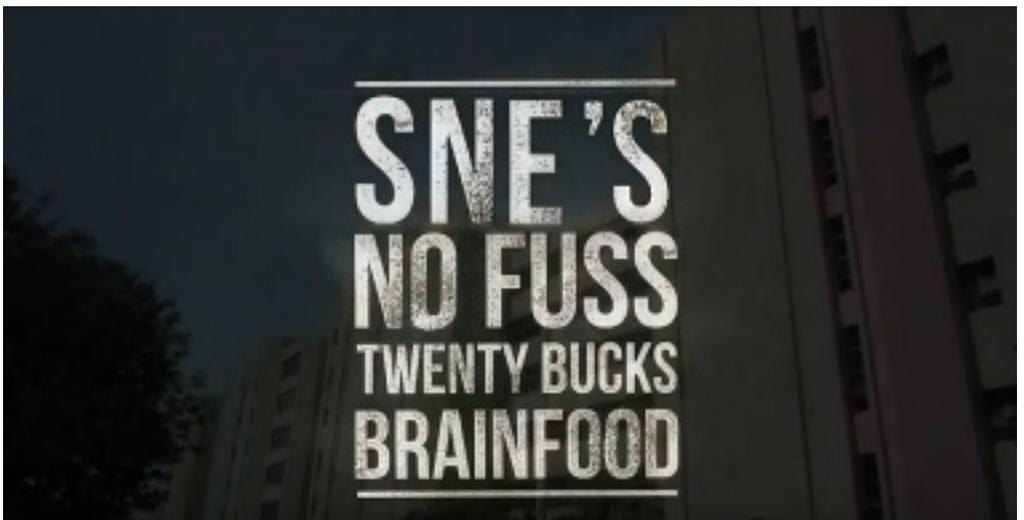
Ingredients

- 1 med tomato, roughly chopped
- 1 slice brown bread, break into small pieces
- 2 eggs
- ½ cup milk
- ½ red chili, chopped
- 1 Tbsp fresh thyme, chopped

Method

- 1 Crack the egg into a mug, add milk and mix well
- 2 Add tomato and bread
- 3 Microwave the mug for 2 mins or until the egg is cooked.
- 4 Serve omelet with a glass of milk

See YouTube video of Sne's Chakalaka on Eggs (link: https://www.youtube.com/watch?v=Mo_tUL6ENC8)



HEALTHY BREAKFAST

WARM WEEKEND OVEN ROASTED VEGETARIAN BREAKFAST

Serves: 2

Preparation time: 7 min

Cooking time: 60 min

Ingredients

- 1 Tbsp sunflower oil
- 1 Tbsp white vinegar
- 1 tsp dried mixed herbs
- 1 pinch salt and pepper to taste
- 1 onion, cut in thin wedges
- 2 baby marrows, cut in thick slices
- 2 med tomatoes, cut in wedges
- ½ green pepper, shredded
- 2 large spinach leaves, shredded
- 4 eggs
- 4 slices brown bread
- ½ handful parsley leaves (optional)
- 1 avocado, sliced (optional, when in season)

Method

- 1 Preheat oven to 200°C.
- 2 Mix oil, vinegar, dried herbs, salt, pepper and in a large bowl
- 3 Add all the vegetables except the spinach and mix well to coat with oil
- 4 Place coated vegetables in greased large baking tray and roast for 20 minutes or until golden brown. Stir in spinach and roast for another 5 minutes to heat through.
- 5 Meanwhile, heat oil in a frying pan. Crack eggs in a bowl, season with a pinch of salt then fry over medium heat until cooked.
- 6 Serve a spoonful of vegetables on each slice of bread. Place an egg on top of each and adjust your seasoning if necessary.
- 7 Garnish with parsley and serve immediately with slices of avocado

Did you know ?

- o You can serve these vegetables as a side dish with meat, fish or stir in a tin of chickpeas for a vegetarian meal.
- o Left-overs are perfect for a lunch box.
- o Cook a double batch of the vegetables to use some for supper; e.g. tossed into pasta.
- o If you don't want to serve the roasted vegetables with eggs, heat a tin of pilchards (fish) and serve on the vegetables

HEALTHY LUNCH

DELICIOUS MUSHROOMS, PEA, AND POTATO CURRY WITH A FISH LOAF

Serves: 2

Preparation time: 7 min

Cooking time: 60 min

Ingredients

- ½ punnet (125g) mushrooms, sliced
- 1 Tbsp sunflower oil
- ½ med onion (finely chopped)
- 1 tsp garlic and ginger
- ½ tsp curry powder
- 1 med potato, cubed
- ½ cup peas
- ½ tsp salt
- ¼ tsp black pepper
- ¼ cup chicken stock (the mixture of ¼ Knorr cube & ¼ cup hot water)

Fish loaf

- 410g tin pilchards in tomato sauce
- 2 slices brown bread, soaked in a ¼ cup of water
- 1 med onion, finely chopped
- 1 Tbsp green chilies
- 1 tsp salt
- ½ tsp black pepper
- 2 Tbsp ginger and garlic paste

Method

- 1 Heat oil and sauté onion until golden brown.
- 2 Add Mushroom, garlic and ginger paste, curry powder and stirring frequently for 2 minutes
- 3 Add potato, peas, and seasonings (salt and pepper), stock and cook on a medium heat stirring occasionally until potatoes are soft

Fish loaf

- 1 Preheat the oven at 180 °C
- 2 Remove all bones from the fish. Mash with sauce from the can and the bread.
- 3 Add onion, green chilies, garlic, ginger paste, black pepper, and salt.
- 4 Put the mixture into a loaf pan or any suitable baking dish and press down.
- 5 Bake for 30 to 40 minutes

LENTIL FRITTER

Serves: 3

Preparation time: 5 min

Cooking time: 40 min

Ingredients

- 100 g Brown lentils (washed and water drained)
- 1 Cup Water
- 2 Tbsp Oil
- ½ med Onion (finely chopped)
- ½ med Pepper (seeds removed and finely chopped)
- 1 med Carrot (finely chopped)
- ½ tsp Mixed herbs
- ½ tsp Curry powder
- 1 tsp Tomato puree
- ½ Cup Peas
- ½ tsp Salt
- ¼ tsp Black pepper

To fry

- 1 cup Breadcrumbs
- 1 each Egg
- 4 Tbsp Oil

Method

- 1 Bring lentils to the boil and simmer gently for about 25 minutes, until mushy and the water is absorbed.
- 2 Peel the carrot and onion, fry in a little oil until soft.
- 3 Add finely chopped pepper into the mixture. Cook on medium heat stirring occasionally for 5 minutes. Add tomato puree and herbs.
- 4 Stir the cooked lentils into the vegetables.
- 5 Add salt and black pepper for taste. Then divide into six (6) round shapes.
- 6 Brush with beaten egg, then coat with crumbs. Shallow fry in hot oil until golden brown on each side.

Serving tips:

Very good served with tomato sauce and a salad.

HOMEMADE BREADCRUMBS

Bake bread or crusts in low oven heat until golden brown. Cool, then process to fine crumbs by crushing it with a rolling pin.

Store in an airtight container, then freeze. Take out the amount you want to use, leaving the rest frozen.

ABBREVIATIONS MEANING

•Med = Medium

•Tbsp = Tablespoon(s)

•tsp = teaspoon(s)

•Pinch = the amount of something you can hold between your finger and thumb: "Add a pinch of salt to the stew/soup etc."

•Sprig= a cutting, stem, or small branch, including leaves and flowers.

HEALTHY LUNCH

NOODLE STIR-FRY

Serves: 2

Preparation time: 10 min

Cooking time: 15 min

Ingredients

- 85 g (1x85g) Noodles
- 3 tsp Sunflower oil
- 1 tsp Garlic and ginger paste.
- ½ each Green pepper
- ½ each Red/yellow pepper
- ½ cup Green beans, sliced
- 125 g Chicken breast, cut into strips
- 1 sprig Parsley

Method

- 1 Cook one packet 2-minute noodles as per instructions, discarding flavour sachet. Drain and set aside.
- 2 Heat 1 tsp (5ml) oil in a pan and sauté green beans, garlic and ginger paste for 2 minutes.
- 3 Add green and red pepper. Cook, stirring continually until veggies are cooked. Remove and set aside.
- 4 Heat 1 Tbsp (15ml) oil and fry 1 chicken breast (125g). Toss noodles and vegetables with chicken breast.
- 5 Garnish with roughly chopped parsley (optional) and serve.



Cook's tips

Stir-fry is a method where food is fast-fried in a frying pan or wok with a little

- It is ideal, to prepare all ingredients before you start to cook such as cut vegetables to size, meat into strips and so forth.
- When stir-frying vegetables, cook hard vegetables first, soft vegetable last, then add most leafy veggies at the end of cooking, off the heat.
- It is important to keep lifting, stirring and moving ingredients in the pan when stir-frying.
- Meat should sizzle: too low temperature will cause meat to stew in its own juices and toughen

HEALTHY LUNCH

SPICY TUNA SANDWICH

Serves: 2

Preparation time: 2 min

Cooking time: 10 min

Ingredients

- 170 g (1x170g) tin Tuna, drained
- 2 Tbsp Mayonnaise
- 1 tsp Parsley leaves
- 1 Tbsp Peri-peri sauce
- ½ tsp Black pepper (to taste)
- 4 slices Brown bread
- 1 med tomato

Method

- 1 Mix tuna, mayonnaise, parsley and Nandos peri- peri sauce (optional). Divide mixture between 2 slices of bread.
- 2 Add tomato (or lettuce), season with ground black pepper and close the sandwiches with the remaining slice of bread.

COOK'S TIPS

- To pack in a lunch box, you can pack the tuna mixture separately and spread on the bread when you are ready to eat.
- You can serve with lettuce and cucumber or fruit of your choice
- Do not forget, when buying mayonnaise or chutney, to choose the one lower in salt, sugar and oil.