



Food Environment Recipes

Recipe booklet for affordable,
quick and healthy meals

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NATURAL AND
AGRICULTURAL SCIENCES

Compiled for Eat & Succeed by the
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Beetroot, Baby Spinach and Feta salad



Preparation Time
20 minutes



Cooking Time
40 minutes



Servings
8

INGREDIENTS

8 Medium beetroots, quartered
50g Baby spinach
200g Feta cheese
50g Roasted cashew nuts

METHOD

1. Steam the beetroot until soft and tender and leave to cool down.
2. Add the spinach and cashews to the beetroot.
3. Crumble the feta cheese over it.



Baby spinach can be replaced with rocket if preferred.

Cashew nuts can be replaced with roasted pumpkin seeds to bring down the cost



Breakfast balls



Preparation Time
10 minutes



Cooking Time
2 hours



Servings
14

INGREDIENTS

125ml Oats

60ml Future life

1ml Salt

200ml Peanut butter

METHOD

1. Mix oats, future life and salt in a mixing bowl.
2. Heat the peanut butter and add to the dry mix. Mix well.
3. Scoop table spoon amounts and roll into balls.
4. Refrigerate for 2 hours.



Coconut (100ml) can be added to the oats and future life mix.

Great for an on-the-go breakfast.

Keep in a jar and take along to snack on during the day.



Bully Beef pap tart



Preparation Time
50 minutes



Cooking Time
10 minutes



Servings
12

INGREDIENTS

1,2 l Water
500ml Maize meal
410g Tomato and Onion relish
400g Mixed Vegetables
300g Corned Beef (Bully Beef)
5ml Curry powder
20ml Sugar
½ Beef Stock cube



Maize pap can be spooned into smaller dishes
(i.e. muffin pans) for individual servings.

It freezes well.

METHOD

1. Prepare maize meal as 'pap' or putu.
2. Boil 200ml of water, add beef stock cube and mix until dissolved.
3. Brown the corned beef in a heated saucepan.
4. Add the tomato and onion relish, mixed vegetables, curry powder and sugar to the saucepan.
5. Add the corned beef.
6. Allow to simmer until mixture is heated, set aside and cover.
7. Once the maize pap has cooled, press the mixture into a large oven dish. Spoon the meat filling into the dish.
8. Bake in a preheated oven at 180°C for 10 minutes.



Butternut chips



Preparation Time
10 minutes



Cooking Time
2 hours



Servings
14

INGREDIENTS

1 butternut squash

30 ml oil (olive-/ sunflower/canola oil)

Seasoning to taste (salt & pepper
for a savory option OR you can use
cinnamon sugar as a sweet option)



The leftover butternut can be used to cooked
(Recipe to follow)

METHOD

1. Peel the butternut
2. Divide the butternut into two halves (lengthwise)
3. Remove the pips with a tablespoon
4. Set the butternut down on a chopping board (flat side down) and make long ribbons with a vegetable peeler. The butternut ribbons should be nice and thin so that they can dry out easily.
5. Try to create as many butternut ribbons as possible or as many as you would like.
6. Toss the butternut ribbons, oil and seasoning together in a bowl.
7. Arrange the slices on a microwaveable plate.
8. Microwave for approximately 4 minutes per batch.
9. The chips are ready when they start to darken in color. They'll crisp up once they are cooled down.
10. Store in an airtight container once they are cooled down.



Cheesy Chicken and Spinach Spud



Preparation Time
5 minutes



Cooking Time
20 minutes



Servings
1

INGREDIENTS

1 Large potato
100g Chicken breast
250ml Baby spinach
1 Sachet cheese pasta sauce
62.5ml Cheese
Pinch salt and pepper
Herbs and spices
15ml Olive oil

METHOD

1. Heat a pot of water until boiling point and add the potato. Let it boil until soft. +/- 15-20min.
2. Rub the chicken breast with salt, pepper, herbs and spices.
3. Heat the olive oil in a frying pan and panfry the chicken breast until tender.
4. Pull the meat with 2 forks and add the baby spinach in the pan.
5. Add the pasta sauce to the chicken mixture.
6. Hollow out the potato and add the filling to the chicken mixture.
7. Stuff the potato with the filling and put the cheese on top.
8. Place the spud in the oven/microwave until cheese is melted.
9. Enjoy!



Creamy Spinach



Preparation Time
10 minutes



Cooking Time
5 minutes



Servings
4

INGREDIENTS

450 g spinach leaves, WASHED
and dried

1 tablespoon butter

1 onion, chopped

30ml all-purpose flour

2 tablespoons cream cheese

1 cup milk, or half and half

Salt and pepper, to taste

Cayenne pepper and nutmeg
(optional)

2 tablespoons of grated parmesan
cheese, to serve

METHOD

1. Melt butter in a medium sized pan over moderate heat.
2. Add in the onion and cook until transparent (about 2-3 minutes), then add the garlic (optional) and cook until fragrant (about 30 seconds).
3. Mix in the flour and cook for a couple of minutes.
4. Pour in the milk (or half and half), whisking constantly, to avoid forming lumps, until the mixture thickens (about 5 minutes). If the sauce is too thick, add another 1/4 cup of milk to the sauce, whisking it through until reaching your desired thickness.
5. Add the cream cheese for extra creaminess.
6. For the spinach: microwave the spinach in an oven proof bowl with a lid with a little bit of water for 3-5 minutes. Squeeze out any excess water from the leaves and set aside.
7. Season the cream sauce with salt, pepper, nutmeg and cayenne. Add wilted spinach to the cream sauce, stirring gently to combine.
8. Serve and eat as is.
9. Alternatively, you can package the ready-made spinach after cooling down in Tupperware and store in the freezer to enjoy as is or to prepare in one of the recipes followed below.



Fish cakes



Preparation Time
10 minutes



Cooking Time
1 minute



Servings
15

INGREDIENTS

410g Pilchards in tomato sauce
410g Butter beans
2 large Eggs
2ml Salt
1ml Pepper
50g Bread crumbs
10ml Oil

METHOD

1. Empty the pilchards into a mixing bowl and mash with a fork.
2. Drain the water from the butter beans and then add to the pilchards. Mix well.
3. Beat the eggs and add to the mix.
4. Add salt, pepper and bread crumbs. Mix well.
5. Scoop into balls and flatten.
6. Heat oil in a frying pan and fry fish cakes on both sides until golden brown.



Meat balls



Preparation Time
10 minutes



Cooking Time
10 minutes



Servings
15

INGREDIENTS

125ml Oats
375ml Water
2ml Salt
410g Butter beans
100g Soy mince
15ml Mustard



The meatballs can be frozen.
Serve with samp, maize pap or rice.

METHOD

1. Drain the can of beans and empty into a mixing bowl. Mash with a fork.
2. Bring the water to a boil and add oats, salt, soy mince, mashed beans and mustard.
3. Scoop table spoon amounts and form balls.
4. Heat a saucepan and brown meat balls.



Microwave meat balls



Preparation Time
10 minutes



Cooking Time
15 minutes



Servings
12

INGREDIENTS

250g Mince meat
1 large Egg
10ml Curry powder
30ml Thyme, finely chopped
10ml Sugar
1 Carrot, finely grated
1 Onion, finely grated
125ml Corn flakes
15ml Vinegar
15ml Tomato sauce
30ml Chutney
Salt and pepper to taste
10ml Bisto
320ml Water
30ml Tomato sauce
30ml Chutney

METHOD

1. Mix the mince meat with all the ingredients.
2. Shape it into balls and place them in a Pyrex dish.
3. For the sauce: combine all the ingredients.
4. Pour it over the meatballs.
5. Microwave for 12 minutes on high, and check.
6. If the meatballs are not ready, microwave for additional 3 minutes.



Paprika Microwave Chicken



Preparation Time
15 minutes



Cooking Time
20 minutes



Servings
6

INGREDIENTS

70g Margarine
2 Onions
4 Garlic cloves, crushed
2ml Peri-peri powder
10ml Paprika
50ml Cake flour
125ml Tomato sauce
12.5ml Apricot jam, smooth
12.5ml Soy sauce
1ml Tabasco sauce
350ml Chicken stock
3ml Salt
1ml Black pepper
1kg Chicken thighs

METHOD

1. Melt the margarine for 1 minute in the microwave in a Pyrex or Argilla dish (Cover with Cling film).
2. Add the garlic and onion in the microwave (Cover again).
3. Add the peri-peri powder and paprika and microwave it for 30 seconds (Keep covered).
4. Add the cake flour to the onion mix and microwave it for 1 minute (Keep it covered).
5. Add the tomato, soy, tabasco sauce, apricot jam, chicken stock, salt, pepper and mix well.
6. Place the chicken skin side up and cover it with mixture.
7. Microwave for 8 minutes, turn the thighs and microwave for another 8 minutes. Grill until skin is brown and crispy.



Spinach and Fish bake



Preparation Time
15 minutes



Cooking Time
30 minutes



Servings
6

INGREDIENTS

1 Medium onion
1 Garlic clove
1 Ginger
50ml Cooking oil
400g Pilchards in tomato sauce
1 Packet KNORR Vegetable soup
50ml Water
500g Macaroni
1 Bunch spinach
100g Cheddar cheese (grated)
Pinch dried parsley for garnish (optional)

METHOD

1. Preheat oven to 180°C.
2. Fry the onion, garlic and ginger in a pan in oil until soft.
3. Add the deboned pilchards with the tomato sauce and allow to simmer for 5 minutes breaking up the fillets a bit with a spoon.
4. Mix KNORR Vegetable Soup with the water to make a smooth paste and stir this into the pan together with the spinach and water, Simmer until thickened.
5. Mixed the cooked macaroni with the pilchard mixture to combine then place into an ovenproof casserole dish.
6. Top with grated cheddar cheese and bake in a preheated oven at 180°C for 15 minutes.



Spinach, Boerewors and Egg casserole



Preparation Time
10 minutes



Cooking Time
30 minutes



Servings
6

INGREDIENTS

250g Boerewors

6 Eggs

250ml Cheddar cheese

½ bunch spinach, chopped

5ml Oregano

METHOD

1. Preheat oven to 175°C. Grease a 22 X 33 cm baking dish.
2. Heat a large skillet over medium-high heat. Cook and stir sausage in the hot skillet until browned and crumbly, 5 to 7 minutes; drain and discard grease.
3. Beat eggs and milk together in a large bowl. Stir sausage, cheddar cheese, spinach, and oregano into egg mixture; pour into prepared baking dish.
4. Bake in the preheated oven until a knife inserted into the center of the casserole comes out clean, about 20 to 30 minutes.



Boerewors can be substituted with ham or bacon.
It can be baked in a muffin pan for individual servings.



Stuffed Cabbage roll



Preparation Time
10 minutes



Cooking Time
30 minutes



Servings
6

INGREDIENTS

1/3 cup water
38g uncooked white rice
4 cabbage leaves
1/2-pound (227g) ground beef
1 chopped onion
1 large egg, slightly beaten
2.5ml teaspoon salt
3ml teaspoon ground black pepper
1/2 can condensed tomato soup

METHOD

1. In a medium saucepan, bring water to a boil.
Add rice and stir. Reduce heat, cover and simmer for 20 minutes.
2. Bring a large, wide saucepan of lightly salted water to a boil. Add cabbage leaves and cook for 2 to 4 minutes or until softened; drain.
3. In a medium mixing bowl, combine the ground beef, 1 cup cooked rice, onion, egg, salt and pepper, along with 2 tablespoons of tomato soup. Mix thoroughly.
4. Divide the beef mixture evenly among the cabbage leaves. Roll and secure them with toothpicks or string.
5. In a large skillet over medium heat, place the cabbage rolls and pour the remaining tomato soup over the top. Cover and bring to a boil. Reduce heat to low and simmer for about 40 minutes, stirring and basting with the liquid often.



Sweet and sour Pork



Preparation Time
20 minutes



Cooking Time
40 minutes



Servings
6

INGREDIENTS

1kg Pork, cut in strips
60ml Soy sauce
25ml Garlic salt
410g Pineapple pieces
180ml Brown vinegar
125ml Water
45-60ml Corn flour
3ml Salt
Pinch chili flakes

METHOD

1. Marinate the pork in the soy sauce and garlic salt.
2. In a saucepan boil the pineapple, vinegar, water, sugar and corn flour until thickened.
3. Stir fry the pork (in another pan) and cover with sauce.
4. Add chilli flakes to taste.



Tuna baked dish



Preparation Time
15 minutes



Cooking Time
40 minutes



Servings
6

INGREDIENTS

1-2 Cans of tuna
80ml Mayonnaise
3 Eggs
1½ Cups (370ml) cooked rice
1 Medium onion diced
¾ Cup frozen peas
¾ Cup grated cheese
½ Packet white or brown onion soup
(use what you have)
200ml Milk
Season to taste

METHOD

1. Mix the milk and soup powder until smooth.
2. Mix with the rest of the ingredients and put in an ovenproof dish.
3. Sprinkle over the grated cheese and bake in a 180°C oven till golden brown (+/- 40 minutes).



Tuna can be replaced with chicken.
Peas can be replaced with corn.



Oatmeal and Banana Breakfast



Preparation Time
10 min



Cooking Time
10 minutes



Servings
1



Utensils needed
1 pot

INGREDIENTS

1 cup of oatmeal (cooked following the instructions)
1 Tbsp peanut butter
1 whole banana, sliced
Sugar (to taste)

METHOD

1. Prepare oatmeal
2. Stir in 1 Tbsp peanut butter.
3. Slice banana and add to the hot oatmeal.
4. Add sugar as desired.



This dish:

Oatmeal cooked and kept in the fridge for 2-3 days. Add some milk to the oatmeal before heating – stir well

Peanut butter is an excellent source of protein

Together with the banana, this is a delicious, complete meal/ that will keep you full for longer



Chicken and rice soup



Preparation Time
10 min



Cooking Time
1 hours



Servings
4



Utensils needed
1 large pot

INGREDIENTS

2 chicken breasts
2 tablespoons (30 ml) oil (sunflower / canola / olive oil)
1 onion, peeled and sliced thinly
3 carrots, peeled and chopped
1 cup rice
2 chicken stock cubes – add 2 cups of boiling water to make 500ml stock
Salt and pepper to taste



This dish:

Can be kept in the fridge for no longer than 2 days (do not keep too long).

Is rich in protein, minerals and vitamins and low in fat, making it a healthy choice.

Keeping the skin of the carrot on will increase the fiber of the dish.

If you want more fiber, you can use brown rice.

The carrots is rich in vitamin A which protects your immune system.

You can use curry powder to flavour instead of salt.

METHOD

1. Season(spice) chicken breasts on both sides with salt and pepper (you can use your hand to rub it on the chicken).
2. In a large pot, heat oil and cook the chicken for 3-4 minutes on each side to brown. Put the cooked chicken on a plate.
3. Add onion and carrots and fry lightly in a bit of oil for a few minutes
4. Add the rice, stir and cook for 1 minute to toast the grains. Add the chicken and chicken stock
5. When it boils, cover the pot and lower the heat.
6. Let the soup boil at a low temperature (bubbles forms slower) until the rice is soft and the chicken is cooked.
7. Turn off the heat.
8. Once the chicken is cool enough to touch, cut into smaller pieces, then add back to the soup.
9. The rice will absorb water as it sits; add more chicken stock if needed. Taste the soup and add more salt and pepper if you want to.



Curried Pumpkin Soup



Preparation Time
10 min



Cooking Time
30 – 45 min



Servings
6



Utensils needed
1 large pot,
potato masher

INGREDIENTS

- 1 medium butternut or firm pumpkin, peeled and cubed
- 2 medium potatoes, cubed
- 1 onion, diced
- 2 cloves of garlic, crushed
- 1/2 Tbsp. curry powder
- 1 stock cube (any type – mix with 1 cup of boiling water to make stock)
- 3 cups of water



(if you want it hot, add ½-1 chopped chilly or chilli powder to taste – mind that the hottest part of the chilli is the seeds which you can add or leave out.

METHOD

1. Fry garlic, onion and curry powder (and chilli if preferred) in a large pot until onion becomes translucent.
2. Add pumpkin, potato and stock with 3 cups of water.
3. Bring to the boil, then simmer with the lid on for around 20 minutes.
4. Once the pumpkin and potato is soft, remove from the heat.
5. Blend to desired consistency with a potato masher, (or a stick blender or hand blender if you have access to these). Add more stock if it is too thick.



Savoury samp & beans



Preparation Time
10 min



Cooking Time
2 ½ hours



Servings
6



Utensils needed
1 large pot

INGREDIENTS

2 cups samp and beans
1 onion, chopped
1 teaspoon curry powder
1 teaspoon BBQ spice
1 tomato, chopped OR 1 green pepper
1 large potato, cut into small blocks
1/2 beef stock cube
Oil for frying
4 cups water



This dish can be kept in the fridge for up to 3 days; can also be frozen. It is rich in plant protein, vitamin C and low in fat, making it a healthy choice. It is also high in soluble fiber that controls blood sugar levels to make you feel full for longer and maintain mental alertness.

Using only ½ stock cube lowers the total salt.

Add 300 g stewing beef, fat removed, to the samp and beans and cook together. Follow the recipe as above and increase the curry powder to taste.

METHOD

1. Drain the samp and bean mix (after soaking overnight) and place it in a large pot covered with clean water.
2. Leave it to simmer slowly until nearly soft, checking it every 30 minutes. Add more water when necessary and stir it frequently. Allow to simmer until soft.
3. Add oil to make a thin layer on the bottom of a pot. Add the bones (if used) and lightly fry (put oven on the middle heat setting). Cook for about 10 minutes to brown.
4. Add the onion and spices and lightly fry for a few minutes.
5. Add the tomatoes / green pepper, potatoes and the stock cube.
6. Put a lid on the pot, turn the heat down to a simmer at a low setting. Allow to slowly until the water has evaporated, stirring occasionally (about 50 minutes). The samp and beans should have a nice creamy, soft texture.
7. Add the samp and beans and let it rest on the stove for another 10 minutes.



Pilchard Stew (Smorrie)



Preparation Time
10 min



Cooking Time
30 min



Servings
3



Utensils needed
1 large pot / pan

INGREDIENTS

1 can Pilchards (pink or red can)
2 tablespoons oil
½ cube beef stock
1 onion, chopped
2 potatoes, diced
1 carrot, diced
1 teaspoon curry powder
1 teaspoon Portuguese chicken spice
¼ cup water

METHOD

1. Fry onions in a pan or pot with oil and add spice.
2. Add carrots, potatoes and water and boil until everything is soft.
3. Add pilchards, lower the heat and let it rest on the stove for 5 minutes.
4. Serve with rice or samp.



This dish:

Can be kept in the fridge for up to 2 days.

Is rich in protein, minerals and vitamins and omega 3 fatty acids (needed for brain health).

Is low in fat, making it a healthy choice.

Can also work if you add tomatoes with the onions.

The bones of the Pilchards have calcium.

Is low in salt.



Spicy pilchard stew (Smorrie)



Preparation Time
10 min



Cooking Time
20 min



Servings
4



Utensils needed
1 large pot / pan

INGREDIENTS

2 tsp (10 ml) sunflower oil
1 large onion, chopped
2 cloves of garlic, finely chopped
1-2 green chillies or to taste, thinly sliced (optional)
2 tsp (10 ml) curry powder or to taste
1 tsp (5 ml) ground cumin (if you have)
2 tomatoes, chopped
1 x 425 g tin pilchards in tomato sauce
½ tsp (2,5 ml) sugar or apricot jam
½ tsp (2,5 ml) salt
lemon juice and black pepper to taste



Spices like curry powder and cumin protects the immune system and protects against heart disease and cancer

METHOD

1. Heat oil in a frying pan or large pot and fry onion and garlic.
2. Add chillies, curry powder and cumin and fry for a few minutes.
3. Stir in tomatoes, pilchards with the sauce, sugar and salt. Simmer over a low heat for 15 minutes.
4. Season with lemon juice and black pepper.
5. Serve with rice, pap, pasta or samp.



Credits: Tebatso Motsepe: Cooking from the heart



Pap



Preparation Time
10 min



Cooking Time
2 hours



Servings
4



Utensils needed
1 large pot

INGREDIENTS

2¼ cups (560 ml) water

½ tsp (2,5 ml) salt

3 cups (750 ml) coarse mealie meal

METHOD

1. Place water and salt in a large pot and bring to the boil.
Pour mealie meal into the water, but don't stir yet.
2. Simmer for 2 minutes, then stir well with a wooden spoon or fork.
3. Reduce the heat. 3Cover with a lid and steam over a low heat for 30-40 minutes or until cooked.
4. Stir occasionally to prevent it from burning.



Pap with Chakalaka



Preparation Time
10 min



Cooking Time
30 – 40 min



Servings
6



Utensils needed
1 large pot

INGREDIENTS

- 2 ¼ cups water
- ½ teaspoon salt
- 3 cups of coarse mealie meal
- 1 tin of Chakalaka sauce (mild, spicy or hot, what you prefer)



This dish:

Can be kept in the fridge for up to 2-3 days.

Is rich in minerals and vitamins, fiber (with the vegetables), low in salt and low in fat, making it a healthy choice.

Fills you up for longer.

METHOD

Pap:

1. Place water and salt in a large pot and bring to the boil. Pour mealie meal into the water, but don't stir yet.
2. Simmer for 2 minutes, then stir well with a wooden spoon or fork.
3. Reduce the heat. 3Cover with a lid and steam over a low heat for 30-40 minutes or until cooked.
4. Stir occasionally to prevent it from burning.

Tinned Chakalaka

1. Pour Chakalaka sauce in a clean pot, lower the heat and simmer until Chakalaka is bubbling softly. or heat in a microwave if available)
2. Remove from the stove and serve the pap warm with Chakalaka sauce.





Pap with spinach (Umfino)



Preparation Time
10 min



Cooking Time
30 – 40 min



Servings
6



Utensils needed
1 large pot

INGREDIENTS

2 ¼ cups water
½ teaspoon salt
3 cups of coarse mealie meal
1 onion, chopped
1 bunch of spinach, chopped
½ cabbage, shredded (torn or cut into pieces) (or replace with 1 chopped carrot)

METHOD

1. Place onions, spinach and cabbage in a large pot.
2. Add a bit of water and boil for 5 minutes.
3. Add the mealie meal, salt and the water.
4. Boil on low temperature for 2 minutes, then stir (preferably with a wooden spoon or fork).
5. Lower the heat, cover with a lid and steam over low heat for 30- 40 minutes or until cooked. Stir every now and then to prevent burning.
6. Add pepper if you want to



This dish:

Can be kept in the fridge for up to 2-3 days.

The green leafy vegetables means the dish is rich in iron and low in fat, making it a healthy choice.

You can also add meat (like chicken livers, pilchards or mince) to this dish.



Vegetable Curry



Preparation Time
10 min



Cooking Time
2 hours



Servings
2



Utensils needed
1 large pot / pan

INGREDIENTS

1 Onion, chopped
1 tomato, chopped
2 carrots, sliced and / or
: 1 cup of cubed raw butternut or firm
pumpkin
1 can mixed vegetables in curry sauce
1 tsp curry powder
2 tbs of oil
Salt and pepper to taste



This dish:

Can be kept in the fridge for up to 2-3 days.

Is rich in minerals and vitamins, fiber (with the vegetables), low in salt and low in fat, making it a healthy choice.

METHOD

1. Add carrots to cup of boiling water in a pot. Place the lid on and boil to just soft. Drain.
2. Heat oil in pan.
3. Add onions and fry until brown.
4. Add curry powder and tomato.
5. Add a little bit of water, cover and allow to simmer.
6. Season with salt and pepper.
7. Add carrots and/or butternut. Simmer until vegetables are tender.
8. Add curry vegetables. Simmer for 5-10 min until done.
9. Eat with pap / boiled or mashed potato / meat.





Vegetable curry kota (scambane)



Preparation Time
10 min



Cooking Time
45 min



Servings
6



Utensils needed
1 large pot

INGREDIENTS

1 tbsp (15 ml) sunflower oil
1 onion, chopped
2 cloves of garlic, finely chopped
3 carrots, chopped
1-2 green chillies, chopped (optional)
½ tsp (2,5 ml) turmeric (optional)
1 tbsp (15 ml) curry powder or to tsp (5 ml) masala of your choice
3 tomatoes, chopped
2 potatoes, peeled and chopped
½ cup (125 ml) water
½ tsp (2,5 ml) salt
1 cup (250 ml) chopped cauliflower / green beans
¼ medium cabbage, chopped
1 x 410 g tin baked beans in tomato sauce
lemon juice and black pepper to taste
4 cm thick slice brown or wholewheat bread per person

METHOD

1. Heat oil in a large pot and fry onion, garlic, carrots, chillies, curry leaves and spices.
2. Add tomatoes and simmer for a few minutes.
3. Stir in potatoes, water and salt.
4. Bring to the boil, reduce the heat and simmer with a lid for 20 minutes.
5. Stir in cauliflower, cabbage and baked beans and simmer for another 20 minutes or until the potatoes are tender.
6. Season with lemon juice and black pepper.
7. Hollow out the thick slices of bread and spoon the curry inside.



Vegetarian kota (scambane)



Preparation Time
10 min



Cooking Time
30 min



Servings
4



Utensils needed
1 large pot / pan

INGREDIENTS

4 crusty bread rolls
1 can chickpeas, rinsed and drained
2 medium potatoes, peeled and diced
1 medium onion, chopped
2-3 garlic cloves, finely minced
2 medium tomatoes, chopped
2 tablespoons oil
1 teaspoon red chili powder, or to taste
Salt and pepper, to taste

METHOD

1. Heat oil in a pan, add onions and garlic; cook until the onions turn translucent. Stir in tomatoes and curry powder.
2. Cover and cook until the tomatoes turn mushy. Add the potatoes, chickpeas, and 1 cup of water. Bring to a boil and simmer, covered, until the sauce thickens and potatoes are tender, about 15-20 minutes. Season with salt and pepper.

To Make the kota:

Slice the top of the bread roll and scoop out the insides to make room for the curry. Add the curry into the scooped-out bread bowls.

Cooking sugar beans

Cook Beans



1. Soak your beans.

TRADITIONAL SOAK: Pour enough cool water over beans to cover completely. Soak for 8 hours or overnight. Drain soaking water and rinse beans with cool water.

QUICK SOAK: Place 1 cup of beans in a large pot with 3 cups of water. Bring to a boil for 3 minutes then remove from heat and let stand for 1 hour. Drain soaking water and rinse beans in cool water.

2. Combine 1 cup beans with 2 cups water and bring to a boil.

💧 For every cup of beans, use 2 cups of water.

3. Simmer on low for 45 minutes – 2 hours.

TIP:
¾ cup dry =
½ cup cooked

<https://pulses.org/nap/cooking-tips/>



Baked bean shepherd's pie



Preparation Time
10 min



Cooking Time
45 min



Servings
4 - 6



Utensils needed
1 large pot / pan ,
baking dish, potato
masher

INGREDIENTS

1 onion, diced
3 cloves of garlic, crushed
3 fresh tomatoes, chopped
3 tins of baked beans
6-7 potatoes
Knob of margarine
Small cup of milk
Cheddar cheese, grated. (optional)



This dish:

Can be kept in the fridge for up to 2-3 days.

METHOD

1. Preheat your oven to 220°C
2. Fry onions, garlic in a pan for 4 minutes or so, then add the chopped tomatoes and continue to fry on a medium heat for a further 8 minutes.
3. Add the tins of beans and simmer for 5 more minutes, then tip the baked bean mixture into a large baking dish.
4. Quarter or chop your potatoes into equal-sized pieces and pop them into a pot of boiling, slightly salted water. Boil on a medium heat for around 15 minutes or until soft.
5. Drain, then leave the potatoes to dry for a minute or so in the colander before tipping back into the pot. Add a knob of margarine and start mashing your potatoes, gradually adding splashes of milk as you go along
6. Spread your potatoes evenly over the top of the beans right up to the edges and sprinkle the remaining cheese over the top.
7. Bake in the oven for about 15 mins until the top is a bit crispy. Serve with salad and some bread.

Repurposing leftovers



Banana milkshake



Preparation Time
5 min



Cooking Time
10 min



Servings
2



Skill level
Easy

INGREDIENTS

- 1 Overripe banana (frozen banana – blender)
- 1 cup milk
- 3 ice cubes
- 1 tablespoon white sugar, or to taste
- 1 pinch ground cinnamon



This dish:

The

cinnamon and sugar can be omitted

METHOD

Blender

1. Put banana, milk, ice, sugar, and cinnamon in a blender; puree until smooth.

OR

Hand mash

1. Add banana on glass and mash with fork until lump free (can put on a sieve)
2. Add cold milk cinnamon and sugar then stir until well mix.
3. Serve

Per Serving:

Energy (kJ)	584 kJ
CHO (g)	25,8 g
Protein (g)	4,7 g
Fat (g)	2,6 g

Cost per serving:

±R4,00

Feb 2021

French toast



Preparation Time
5 min



Cooking Time
5 min



Servings
4



Skill level
Easy

INGREDIENTS

4 slices stale bread
½ cups warm milk
1 teaspoon vanilla essence
1 large eggs*
Oil for frying (canola or vegetable)
2 Tbsp granulated sugar
1/2 teaspoon ground cinnamon



This dish:

You will need roughly 1 egg for every 4-5 slices of bread.

METHOD

1. Pour the warm milk and vanilla into a shallow bowl. Crack the eggs into a separate shallow bowl and beat them well until smooth.
2. Combine the granulated sugar and cinnamon and set aside.
3. Pour enough oil into a frying to cover the bottom of the pan.
4. Turn heat to medium and once oil is hot, but not smoking, start cooking the bread
5. Dip a slice of bread in the milk on both sides, letting it soak well. Then, dip it in the beaten eggs on both sides.
6. Place in the pan and cook, frying and flipping for a few minutes until golden on both sides.
7. Remove to a plate lined with paper towels or a wire rack. Sprinkle with cinnamon sugar (or honey, if preferred).

Per Serving:

Energy (kJ)	475 kJ
CHO (g)	18 g
Protein (g)	5 g
Fat (g)	2 g

Cost per serving:

±R8,50
Feb 2021

Sausage frittata



Preparation Time
10 min



Cooking Time
25 -30 min



Servings
4



Skill level
Easy

INGREDIENTS

- 1 small onion, sliced into cubes
- 2-3 Leftover sausage, sliced into pieces
- 1 cup Leftover carrots, potatoes diced, cooked
- 3 eggs
- ½ cup milk
- ½ cup grated cheese (optional)
- 1 Tbsp. Oil canola
- Pinch salt and pepper for flavour



This dish:

You can also add peppers for more colour

METHOD

1. Heat oil in a pan
2. Add onion and fry till brown
3. Add cooked sliced sausages and vegetables and stir to mix everything.
4. Reduce heat and allow everything to warm
5. Beat eggs and milk on the side together and add pinch of salt and pepper for taste.
6. Pour mix over sausage and vegetables.
7. Scatter grated cheese all over (Optional)
8. Close pan with a lid if cooking over a stove pan until eggs are cooked OR bake in an oven until eggs set and golden.

Per Serving:

Energy (kJ)	888 kJ
CHO (g)	9 g
Protein (g)	11 g
Fat (g)	14 g

Cost per serving:

±R18.64
Feb 2021

Pasta frittata



Preparation Time
10 min



Cooking Time
10 min



Servings
4



Skill level
Easy

INGREDIENTS

3 large eggs
1 Tablespoon olive oil
1/2 cup diced onion
1 cup diced leftover vegetables, such as tomatoes or peppers
2 cups leftover spinach, roughly chopped
1 cup leftover pasta
1/2 cup shredded Cheddar cheese



This dish:

You can also add 1/2 of frozen corn or mixed vegetable but make sure they are not cold before adding your eggs

Eggs can also be substituted with leftover beans

METHOD

1. Whisk egg, salt and pepper in a bowl. Set the bowl aside.
2. Heat pan over medium-low heat and add the canola oil. Add the onions when oil hot until & fry until brown then
3. Add vegetables and cook them until they're softened slightly.
4. Add the spinach and pasta and cook an additional 1 to 2 minutes.
5. Pour the eggs into the pan and increase the heat to medium-high.
6. Cook the mixture, lifting up the egg so that the uncooked egg flows underneath until the eggs are almost fully set.
7. Reduce the heat to low, cover the pan and continue cooking until the eggs are fully set.
8. Turn off the heat. Sprinkle the cheese on top then cover the pan again for 1 minute until the cheese is melted.

Per Serving:

Energy (kJ)	1 806 kJ
CHO (g)	27 g
Protein (g)	19 g
Fat (g)	27 g

Cost per serving:

±R18,40
Feb 2021

Chicken sandwich



Preparation Time
5 min



Cooking Time
10 min



Servings
4



Skill level
Easy

INGREDIENTS

- 1 ½ cups chopped leftover chicken
- ½ cup chopped cucumber or shredded lettuce or chopped celery stalk
- 1 small onion, finely chopped (1/3 cup)
- ½ cup mayonnaise or salad dressing
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 8 slices bread



This dish:

You can also add tomato or grated carrots for variety and color

Left over bread can be saved in a freezer bag or lunch box in the fridge

METHOD

1. In medium bowl, add chicken, cucumber or shredded lettuce or chopped celery stalk, the finely chopped onion.
2. Add mayonnaise or salad dressing.
3. Spread salad mixture on 4 bread slices.
4. Top with remaining bread.
5. Serve

Per Serving:

Energy (kJ)	1 795 kJ
CHO (g)	28 g
Protein (g)	26 g
Fat (g)	23 g

Cost per serving:

±R16,80
Feb 2021

Simple Salad



Preparation Time
15 min



Cooking Time
0 min



Servings
6



Skill level
Easy

INGREDIENTS

1 leftover lettuce head
1 carrot
½ medium tomato, diced
½ cup of cheddar cheese or 1 avocado
diced
½ cup salad dressing

Optional

1 cup leftover mince meat or beans
(black)
Seasonal vegetable can be added
(cucumber, broccoli etc.)



This dish:

Hard boiled eggs or chicken or lentils
instead of mince and beans can be
added

METHOD

1. Chop the lettuce into bite-size pieces.
2. Shred or grate the carrot, and the diced tomatoes.
3. Optional seasonal ingredients can be added!
4. Shred the cheese. Or dice the avocado, if using.
5. Toss all ingredients in a large bowl.
6. If you think you will have leftovers plate in a small bowl then add salad dressing
7. Close leftover tightly in a lunchbox and refrigerate

Per Serving:

Energy (kJ)	1176 kJ
CHO (g)	9 g
Protein (g)	16 g
Fat (g)	20 g

Cost per serving:

±R21,00
Feb 2021

Easy peasy vegetable soup



Preparation Time
5 min



Cooking Time
25 min



Servings
4



Skill level
Easy

INGREDIENTS

- 1 tablespoon canola oil
- 1 onion finely diced
- 3 Leftover carrots sliced (no need to peel!)
- 1 cup left over butternut
- 1 parsnip peeled and sliced (optional)
- 1 medium potato peeled and chopped into cubes
- 500 ml vegetable stock (made with a cube is fine.)
- Salt and pepper to taste



This dish:

Any vegetable leftovers can be used

Can use stale milk/yoghurt to make soup creamy

METHOD

1. Place the canola oil & onion in a wide, deep saucepan. Cook on a low heat with the lid until softened. Stir occasionally.
2. Add the prepared carrot, pumpkin, parsnip and potato, and stir.
3. Add all the stock, plus some salt and pepper to taste.
4. Bring to the boil and then simmer on a low heat, with the lid on, for 15 minutes - or until all the vegetables are completely soft.
5. Use a wooden spoon OR hand blender to blitz the soup to a smooth puree.
6. Add a little extra boiling water from the kettle if you think the soup is too thick.
7. Taste the soup and add more salt and or pepper if you think it needs it.

Per Serving:	
Energy (kJ)	647 kJ
CHO (g)	29 g
Protein (g)	3 g
Fat (g)	4 g

Cost per serving:
±R8,40
Feb 2021

Curry bean stew



Preparation Time
10 min



Cooking Time
10 min



Servings
5-6



Skill level
Easy

INGREDIENTS

- 2 cups leftover beans
(brown/kidney)
- 2 Tablespoon canola oil
- 1 large onion, chopped
- 4-6 cloves of garlic, chopped finely
- 1 cup tomato, chopped
- ½ teaspoon ground black pepper
- 1 teaspoon medium curry powder



This dish:

First time cooking beans, you can soak beans in warm water overnight.

Cooked beans can be eaten with left over rice, samp, or as a soup

Beans can be replaced with leftover lentils

METHOD

1. In a frying pan, heat the canola oil.
2. Add the chopped onions and fry gently until translucent.
3. Add the garlic and tomatoes.
4. Cook over medium heat until the tomatoes have softened.
5. Add all the dry ingredients and cook, stirring, for a few minutes, for a few minutes.
6. Add left over beans into frying pan. Mash beans into the vegetables and cook for 3-4 minutes
7. Add liquid if pot becomes dry).
8. Allow to simmer and add salt to taste.
9. Serve piping hot

Per Serving:

Energy (kJ)	923 kJ
CHO (g)	23 g
Protein (g)	8 g
Fat (g)	7 g

Cost per serving:

±R12,00
Feb 2021

Simple Pasta & Pilchard



Preparation Time
10 min



Cooking Time
20 min



Servings
4



Skill level
Easy

INGREDIENTS

2 cups leftover pasta/spaghetti
1 leftover pilchards in tomato sauce
1 onion, chopped
1 garlic clove, chopped
1 green chillies, chopped
2 Tbsp tomato paste
2 tomatoes, skinned and chopped
1 green pepper, chopped
1 tbsp canola oil
2-3 sprigs fresh parsley, chopped
Pinch of salt, to taste



This dish:

You can use tomato sauce instead of tomato paste.

You can also add cheese (optional)

You can also use leftover rice

METHOD

1. Heat a saucepan then add olive oil.
2. Fry the onion, green peppers, garlic, and chillies until soft.
3. Add the tomatoes, tomato paste and parsley. Continue stirring.
4. Add the pilchards.
5. Combine the leftover pasta with the pilchard and mix.
6. Grate cheese on top (optional)
7. Season with salt and pepper.
8. Serve

Per Serving:

Energy (kJ)	1631 kJ
CHO (g)	39 g
Protein (g)	30 g
Fat (g)	11 g

Cost per serving:

±R15,29
Feb 2021

Chicken-egg-rice stir-fry



Preparation Time
5 min



Cooking Time
10 min



Servings
4



Skill level
Easy

INGREDIENTS

- 2 tablespoons canola oil
- 1 cup/bowl leftover chicken shredded
- 2 cup pre-cooked rice
- 1 cup frozen mixed vegetables
- Or 1 cup left over mixed vegetable, diced
- 1 pepper (any colour), diced
- 4 spring onion, sliced finely
- 3 cloves garlic crushed or grated
- 4 medium egg
- 1 Tsp. Worcestershire sauce



This dish:

Chicken can be replaced with any leftover meat (pork, beef, lamb – shredded)

METHOD

1. Put 2 tablespoons canola oil in frying pan and heat over a medium-high heat for 1 minute.
2. Add the cooked rice, shredded chicken, frozen/leftover mixed vegetable, red pepper.
3. Stir fry 3-4 minutes, until everything is warmed through and the frozen veg is no longer frozen.
4. Add the garlic and stir fry for 1 more minute.
5. Crack the eggs into bowl & whisk together lightly with a fork.
6. Make a well in the middle of the rice mixture and pour in the eggs – cook for 30 seconds, then mix the rice mixture and eggs together.
7. Continue frying for a couple of minutes, stirring occasionally, until you start to get some nice crispy brown bits.
8. Pour in the Worcestershire cause 1 more minute.
9. Serve scattered with a few extra spring onions.

Per Serving:

Energy (kJ)	2 234 kJ
CHO (g)	43 g
Protein (g)	32 g
Fat (g)	25 g

Cost per serving:

±R19,92
Feb 2021

Chutney Chicken



Preparation Time
10 min



Cooking Time
45 min



Servings
4 - 6



Skill level
Easy

INGREDIENTS

6- 8 chicken pieces (drumsticks and thighs)

½ cup mayonnaise

½ cup low milk

½ cup chutney

½ teaspoon salt

METHOD

1. Preheat oven to 180 °C.
2. Place chicken in an oven pan.
3. Mix mayonnaise, milk, chutney and salt.
4. Pour mixture over chicken.
5. Bake for 30- 45 minutes or until chicken is cooked.
6. Serve with rice, samp, mashed potato or pap.



This dish:

Follow the plate model for a healthy meal and dish up a ¼ plate of chicken, ¼ plate of starch (rice, potatoes, samp, pasta or pap) and ½ a plate of cooked vegetables and mixed salad

Per Serving:

Energy (kJ)	1674 kJ
CHO (g)	8 g
Protein (g)	10 g
Fat (g)	37 g

Cost per serving:

±R17,14
Feb 2021

Pasta Salad



Preparation Time
10 min



Cooking Time
25 - 30 min



Servings
4



Skill level
Easy

INGREDIENTS

- 2 Cups Pasta
- 1 Onion
- 1 Green pepper
- 50 ml Cooking canola oil
- 3 Carrots
- 2 tsp Salt
- 3 cups water

Sauce

- 2 tsp Chutney
- 2 tsp Mayonnaise
- 1tsp Aromat

METHOD

1. Boil water in a pan and once boiled add $\frac{1}{2}$ of the cooking oil.
2. Add the pasta and cook till soft but firm.
3. Strain the water from pasta and set aside to cool.
4. Add the rest of cooking oil to a pan fry the onion till soft.
5. Add peppers and carrots fry till tender.
6. Add the vegetables to the pasta.
7. In bowl mix Chutney , mayonnaise and aromat.
8. Add the mixture to the pasta and vegetable mixture.

This dish:



Can be kept in the fridge for no longer than 2 days (do not keep too long).

To increase fiber, use wholewheat pasta.

Increase vitamins and minerals add more vegetables

To reduce salt, use less sauces and aromat use herbs

Per Serving:

Energy (kJ)	460 kJ
CHO (g)	8 g
Protein (g)	3 g
Fat (g)	7 g

Cost per serving:

±R6.24
Sept 2021

Scrambled eggs in a microwave



Preparation Time
2-3 min



Cooking Time
2-3 min



Servings
4



Skill level
Easy

INGREDIENTS

2 eggs
120 ml milk
pinch of salt
pepper to taste

METHOD

1. Break eggs in a glass bowl.
2. Add milk, salt and pepper to the eggs and whisk.
3. Put egg mixture in microwave at high for 1 minute.
4. Whisk after one minute.
5. Put back into microwave for another minute. Whisk eggs after each minute.
6. Through off excess water if necessary.



This dish:

Note:

Healthier option as no oil is used during cooking method

Check doneness of eggs more often as eggs gets rubbery easily when cooking in microwave.

Per Serving:

Energy (kJ)	1368 kJ
CHO (g)	20 g
Protein (g)	24 g
Fat (g)	20 g

Cost per serving:

±R6,49
Feb 2021

Rice in a microwave



Preparation Time
5 min



Cooking Time
10 min



Servings
6



Skill level
Easy

INGREDIENTS

1 cup rice, uncooked
5 ml canola/sunflower oil
1 cup boiled water
salt to taste



This dish:

Rice can be frozen and re-heated in the microwave when needed.

Follow the plate model when dishing up rice and only dish up a $\frac{1}{4}$ plate of rice

METHOD

1. Add the rice to a glass microwave safe bowl.
2. Add boiled water to the rice.
3. Add the oil.
4. Mix with a spoon.
5. Microwave for 10 minutes at high heat or 15 minutes at medium heat. (Do not stir during the cooking time).
6. Take out of microwave and fluff with a fork.
7. Add salt to taste.

Per Serving:

Energy (kJ)	366 kJ
CHO (g)	17 g
Protein (g)	2 g
Fat (g)	1 g

Cost per serving:

±R0,78
Feb 2021

Vegetables in a microwave



Preparation Time
10 min



Cooking Time
10 min



Servings
4



Skill level
Easy

INGREDIENTS

250 g butternut, chopped into pieces (with skin) (½ butternut)
1 medium sweet potato, washed and chopped into pieces (with skin) (200 g)



This dish:

Note:

Can be kept safely in the refrigerator for 2 days.

Does not freeze well.

METHOD

1. Add butternut to a glass microwave safe bowl.
2. Add sweet potato to the butternut.
3. Cover with cling wrap and microwave for 10 minutes on high heat.
4. Test with knife if vegetables are cooked (knife should go in easily and vegetables should be soft).
5. Serve

Per Serving:

Energy (kJ)	423 kJ
CHO (g)	22 g
Protein (g)	2 g
Fat (g)	0 g

Cost per serving:

±R1,62
Feb 2021

Microwave crumbly pap/porridge



Preparation Time
10 min



Cooking Time
15 min



Servings
4



Skill level
Easy

INGREDIENTS

2 cups Maize Meal
2 cups of boiling water
Pinch of salt

METHOD

1. Pour the boiling water and salt into a large microwave container.
2. Pour the maize meal in and stir.
3. Put the lid on and microwave for 2 minutes.
4. Stir to form crumbles, then microwave for another 8 minutes with lid on.
5. Stir and if necessary further microwave with lid on for 2 minutes.



This dish:

Note:

Dish up with chakalaka and a protein (e.g. cooked mince)

Per Serving:

Energy (kJ)	682 kJ
CHO (g)	35 g
Protein (g)	3.4 g
Fat (g)	0 g

Cost per serving:

±R1,24
Feb 2021

Methods of repurposing foods

Warming up food on your stove

We do not use only the stove to cook but to warm our food as well. You can reheat your foods such as rice, pastas, sauces, soups, stews, vegetables, cooked porridge cereals and more. Tips to reheating your food on your stove include:

- The use of pan or pot of an appropriate size that can take in the amount of food you want to cook i.e., you can not use a big saucepan to warm food for one, but use a small pot
- Heat your food over a medium heat, "remember you are warming and not cooking". High heat will burn your food
- You must add a teaspoon of cooking oil preventing food from burning
- Don't forget to put your lid on to prevent food drying up.
- You can stir your food for even distribution of heat
- Your food will be ready when it start bubbling and top food is also warm

Moistening dry bread

- Moisten a section of paper towel/Clean kitchen cloth long enough to completely cover your loaf of bread (or the portion that you intend to eat). Do so by soaking your paper towel/kitchen cloth in cold water, and then squeeze out as much of the water as you can. Wrap your portion of bread in your damp paper towel snugly.