



*Nutrient Dense
Lockdown
Recip-e-book*

In celebration of Mandela Day 2020



Nutrient-Dense 'Lockdown' Recipes

This document includes recipes, cooking tips and food safety guidelines to support the preparation of nutrient-dense meals using typical food parcel items and other non-perishable ingredients. These recipes can also be beneficial to anyone avoiding frequent visits to supermarkets in effort to self-isolate.

ADSA and the NSSA ask you to please share these recipes. Recipe cards are included at the end of the document for ease of distribution.

Thank you!



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Recipe Cards



Cooking Dry Beans

Cooking dry beans from scratch is more economical than using the canned varieties. Canned beans can be as much as 5 – 10 times more expensive than dry.

The soaking step in this process has two functions, one is to speed the cooking time. The second is that during soaking one type of starch dissolves into the soaking water and is then discarded when the soaking water is discarded. This type of starch is one that the body is not able to digest, but are fermented in the large bowel and gas is released. Planning the use of beans to allow for soaking time is therefore worth the effort.

1. Rinse and sort the beans, discard any that are discoloured or shrivelled.
2. Soak the beans in a bowl of room temperature water. They will double or triple in size, so use a container that is large enough and add plenty of water. Allow them to soak overnight or for 8 hours.
3. Discard the soaking water and rinse the beans in fresh water. Some water soluble vitamins are lost during this process, but the benefits outweigh this negative. Cold water starts, but does not complete the rehydration process, the beans may look wrinkled after soaking, they will fully hydrate during cooking.
4. Place the beans in a pot large enough to allow for them to increase in size a bit more. Cover with fresh water and bring to the boil.
5. Allow to boil gently to prevent the skins splitting.

After 10 – 20 minutes you have the option of moving the pot to an insulated storage container, such as a wonder bag or hay box. (See below).
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6. Add warm water periodically to keep the beans covered.
7. Stir occasionally to prevent sticking.
8. They are cooked when they are tender, but not mushy.
9. Drain immediately when they are cooked.
10. Only add the seasoning at the end of cooking. Acidic ingredients such as lemon juice, vinegar and tomatoes and salty seasoning such as salt or stock cubes prevent the beans softening.

Saving energy by using an insulated container

A commercially marketed wonder bag can be used, but a homemade container does the job. Get a box that is a bit bigger than your pot. Line it with insulation material such as old towels or blankets, hay or rolled up balls of newspaper. The pot sides must be covered by insulation material to prevent heat from the pot being lost to the air.

Allow the beans to boil gently, as in step 5, 10 minutes for smaller ones up to 20 for larger beans. Place the lid on the pot for the last few minutes before moving to the insulated container to trap the steam from the cooking. Leave for at least 6 hours, then return to the stove and cook until done. The overall cooking time will be much reduced. Continue from step 6/7.

Bean soup

Serves 4 -6

Ingredients:

500bg marrow bones or shin, depending on the budget
1 onion
2 cups dry beans, any (soaked overnight)
1 liter water
Beef stock cube
2 grated potatoes
3-4 grated carrots
Optional vegetables (green beans, corn, peas, spinach/marog, tomato, pumpkin)

Method:

1. Cook bones or shin, beans and onion in 1 L of water, until tender.
2. Grate the potato and carrots and add to the soup, together with the stock
3. Add any available extra vegetables to soup and cook until tender.
4. Remove bones and blend the soup or mash with a fork.
5. Add salt and pepper to taste

The soup can be enjoyed with bread or pap.

Contributed by: Lize Esterhuysen, Registered Dietitian



Sugar Bean Soup

Serves 4

Ingredients:

- 3 cups dried sugar beans
- 1 onion, chopped
- Pinch of salt
- ½ teaspoon chilli powder (or more to taste)
- 1 chicken stock cube
- 1 tablespoon soup powder (any flavour)

Method:

1. Soak sugar beans overnight in water. Drain and discard the water.
2. Pour sugar beans and fresh water into a saucepan and bring to a boil.
3. Reduce heat and simmer, adding more water if needed, until beans are tender – about an hour.
4. Add onion, chicken stock and spices and bring to the boil.
5. Reduce heat, cover with a lid and simmer until thickened.

Contributed by: Maria van der Merwe, Public Health and Nutrition Consultant

Soup mix with chicken necks or vegetables

Serves:4-6

Ingredients:

- Soup mix, washed and soaked over night
- 1 tomato, diced
- 1 stock cube, chicken diluted in 4 cups water
- 5 ml oil
- 1 onion, sliced
- 1 teaspoon ginger, crushed
- 1 clove garlic, crushed
- 1 green/dry chilli slit
- 10 ml chili or curry powder
- ½ teaspoon turmeric powder
- ½ kg chicken necks, washed
- 5ml salt
- Coriander, chopped to garnish



Method:

1. Place soup mix into a pan and bring to boil with stock mix. Add finely diced tomato after 30minutes of cooking. Cook till the mixture is soft and mushy (1- 1.5hour/s).
2. Heat oil in a pan and sauté onions.
3. Add ginger, garlic, whole chilli, turmeric and chilli powder (cook for a further minute).
4. Add chicken necks, season with salt and sauté till done on medium heat (10 minutes).
5. Place chickens into the soup mixture and allow to cook for a further 20 minutes for the flavours to blend. Top up with water if necessary to have a medium consistency soup. Check seasoning.
6. Serve with bread or rolls.

Notes:

1. The soup mixed can be boiled in a pressure cooker to reduce cooking time or boiled on the stove top for 10 minutes and placed into a wonder cushion to reduce energy consumption.
2. Instead of chicken necks, substitute with a variety of roughly chopped vegetables.

Contributed by: Ashika Naicker, Durban University of Technology, Department of Food and Nutrition

Creamy Yellow Split Pea and Kale Soup

Serves: 6-8

Ingredients:

- 2 cups yellow split peas, thoroughly washed
- 5ml turmeric powder
- 4 cups water
- 5ml salt
- 1 small tomato, diced
- 1 bunch kale/spinach/mfino roughly sliced
- 10ml oil
- 1 small onion, sliced
- 1ml jeera (cumin) seeds
- 1 dry red chilli or 1ml chilli flakes
- 2 cloves garlic, finely sliced

Method:

1. Place yellow split peas, turmeric, water and salt in a pot and bring to the boil.
2. When the mixture comes to a boil, add the tomato and simmer for 40 minutes or until most of the yellow split peas dissolve, to form a thick creamy soup.
3. Mix in the kale/spinach/mfino and simmer for a further 3-5 minutes.
4. While the soup simmers, heat the oil in a saucepan and fry onion until golden. Add the jeera, red chilli and garlic and fry for another minute.
5. Add the onion mix to the split pea and kale/spinach/mfino soup mixture. Stir well and serve.

Notes:

1. Stir frequently and top up with more water during the cooking, to avoid the soup burning as it thickens.

Contributed by: Evonne Singh, Durban University of Technology, Department of Food and Nutrition



Corn and Bean Chowder

Serves 7 - 8 people

Ingredients:

- 2 tablespoons vegetable oil, eg. sunflower oil
- 1 large onion, chopped (if available)
- 1 cup milk (maas or reconstituted milk powder if available)
- 3 tablespoons flour
- 4 cups boiled water and 2 stock cubes / or 1 packet soup powder
- ½ teaspoon chilli or curry powder
- 1 can cream style corn
- 1 can / 1 cup beans, drained. (if using dried beans, soak in water overnight)
- 1 cup lentils
- 2 ½ cups of water

Method:

1. In a large pot, heat the oil on a medium to high heat. Add the chopped onions and stir until softened.
2. Turn down the heat to medium, add the flour and stir well. Add the stock or soup powder and the water and milk. Stir continuously until thick.
3. Add the chilli or curry powder
4. Add the corn, beans and lentils, mix gently
5. Turn the heat down, until the lid and allow to simmer for 20 minutes. Stir occasionally and gently so that the chowder does not stick. Turn the heat down if bubbling too much.
6. Add about 2 Tbsp of water if the sauce is too thick. Taste and adjust seasoning with salt and pepper.
7. Serve warm

Contributed by: Laura Kloppenborg, Registered Dietitian



Lentil Curry

Serves 2 -3

Ingredients:

1 cup raw dry red lentils briefly rinsed under a running tap
1 large onion, 1 tsp each garlic and ginger – chopped
1 tablespoon vegetable oil e.g. sunflower oil
2 teaspoons cumin
1 teaspoon coriander
½ teaspoon each fennel and coriander
1 teaspoon turmeric
1 teaspoon salt
3 – 4 cups of water
Vegetables such as cauliflower, carrots and broccoli or green beans (can be frozen) (2 – 3 cups in total).

Method:

1. Fry onion, garlic and ginger in the oil until soft. Add the spices and stir for a minute.
2. Add the lentils and 2- 3 cups of water. Allow lentils to simmer for 10minutes. Add fresh veggies (or frozen) and cook until lentils and veggies are cooked. Keep adding liquid if necessary. Flavour to taste with salt.
3. Serve with brown rice or roti and a salad of chopped tomatoes and onions and coriander.

Contributed by: Karen Protheroe, Registered Dietitian

Lentil and Pearled Wheat Curry

Serves 6

Ingredients:

- 1 onion, chopped
- 2 cloves of garlic, crushed or finely chopped
- 1 tablespoon vegetable oil
- 2 tablespoon curry powder
- 1 teaspoon turmeric, ground
- ½ teaspoon salt
- 3 tomatoes, peeled and chopped (or 1 can chopped tomatoes)
- 1 chicken stock cube, dissolved in 750ml boiling water
- 1 cup pearled wheat
- 1 cup brown dry lentils
- 2 cups vegetables (e.g. chopped carrots or peas or mixed vegetables)

Method:

1. Rinse pearled wheat under running water.
2. Heat oil in a large saucepan, add onion and garlic and fry for five minutes until soft.
3. Add curry powder, turmeric and salt and fry for a minute.
4. Add chopped tomatoes, chicken stock and pearled wheat.
5. Bring to a boil and simmer for 25 minutes.
6. Add lentils and simmer for 15 more minutes.
7. Add vegetables and cook for 10 minutes or until just tender.
8. Add more water during the cooking process if needed.

Contributed by: Maria van der Merwe, Public Health and Nutrition Consultant

Chickpea and Vegetable Curry

Serves 4

Ingredients:

- 1 tablespoon vegetable oil
- 1 onion, chopped
- 1 tablespoon curry powder
- 2 tablespoon peanut butter
- 1 teaspoon sugar
- 1 teaspoon chilli powder
- 1 ½ cups chickpeas, or 1 can chickpeas drained (can be replaced with any beans)
- 2 cups chopped vegetables (e.g. green beans, broccoli, green peppers)
- 4 carrots, chopped
- 200 ml water
- 150 ml milk

Method:

1. Heat oil in a large saucepan, add onion and garlic and fry for five minutes until soft.
2. Add curry powder, peanut butter, sugar and chilli powder and stir until well combined.
3. Add chickpeas and vegetables.
4. Stir in water and milk and bring to a boil.
5. Reduce heat and simmer for 20 minutes until vegetables are just tender.
6. Serve with rice or roti.

Contributed by: Maria van der Merwe, Public Health and Nutrition Consultant



Vegetable and Bean Stew with Dumplings

Serves:4-6

Ingredients:

- 5 ml oil
- ½ onion, sliced
- 1 clove garlic, crushed
- 5 ml ginger, crushed
- 1 green chilli, cut into halves
- 1 large potato, cubed into 8 pieces
- ¼ cabbage, roughly shredded
- 2 carrots, cut into 4's
- 1 cup green beans, cut into 3's
- 1 can beans, butter or kidney drained
- 5 ml salt
- 3 peppercorns, crushed
- 5 ml mixed herbs, dried
- 2 cups water

Dumplings:

- 2 cups cake flour
- 10 ml baking powder
- ¼ teaspoon salt
- 100 g margarine/ medium fat spread
- ½ cup water or maas

Method:

1. Heat oil in a pan, sauté onions, add green chilli, ginger and garlic (1 min)
2. Add carrots, potatoes and cabbage and cook on low heat for 5 minutes with pan covered.
3. Add green beans and canned beans, salt, pepper, mixed herbs and pour water over and allow to cook on medium heat for 5 minutes with pan covered.
4. Add dumplings onto on top of vegetables evenly spaced and cook for a further 5 minutes with lid on.

Dumplings:

1. Whilst the vegetables are cooking in step 3 prepare dumplings.
2. Sift flour and baking powder in a large bowl. Add salt.
3. Rub in margarine/ fat spread into flour till it resembles bread crumbs.
4. Add water or maas to make a scone dough.
5. Break and shape into round balls.



Bean Chilli

Serves 6

Ingredients:

- 1 tablespoon vegetable oil
- 1 onion, chopped
- 1 clove garlic, crushed or finely chopped
- 1 teaspoon of chilli powder (or more, to taste)
- 2 cans of beans, drained or 3 cups cooked beans (e.g. butter beans, kidney beans, haricot beans, sugar beans)
- 1 can chopped tomatoes (or 3 fresh tomatoes, chopped)
- Pinch of salt

Method:

1. Heat oil in a large saucepan, add onion and garlic and fry for five minutes until soft.
2. Add chilli powder and salt and fry for a minute.
3. Add beans and chopped tomatoes.
4. Bring to a boil and simmer for 10 minutes.
5. Serve with rice or roti.

Contributed by: Maria van der Merwe, Public Health and Nutrition Consultant

Pilchard Frikkadels

Serves 4

Ingredients for frikkadels:

- 1 small onion, finely chopped
- 1 clove garlic, finely chopped (optional)
- 1 tablespoon vegetable oil
- ½ teaspoon paprika (optional)
- 1 teaspoon mild curry powder (optional)
- ¼ cup fresh parsley, chopped (optional)
- 1 x 400 g tin of pilchards in tomato sauce
- ½ cup (100 g) plain flour, plus extra
- Salt and pepper to taste
- 250 g spaghetti, cooking according to instructions on packet



Ingredients for tomato sauce:

- 1 clove garlic, finely chopped (optional)
- 1 tablespoon vegetable oil e.g. sunflower oil
- 1 x 400 g tin of tomato and onion mix
- Sauce from the tin of pilchards
- ¼ teaspoon of each: ground coriander, ground cumin and paprika (optional)
- 1 tablespoon fresh coriander, chopped (optional)
- 1 tablespoon fresh parsley, chopped (optional)
- Salt and pepper to taste

Method:

1. Heat the oil in a pan on a medium heat. Cook the onion and garlic until translucent. Add the paprika and curry powder and cook for a further minute.
2. Separate the pilchards from the sauce and keep the sauce aside. Mash the pilchards with a fork.
3. Combine the pilchards, flour, parsley and the cooked onion mixture and mix well using a spoon. Season to taste. Using the extra flour, roll the pilchard mixture into small balls and keep aside while you make the tomato sauce.
4. Heat the oil for the sauce in a saucepan on a medium heat. Cook the garlic until translucent. Add the remaining sauce ingredients and simmer for 10 minutes. Add a little water if the sauce starts to dry out or get too thick. Season to taste.
5. Gently add the pilchard frikkadels to the saucepan and coat in the tomato sauce. Allow to simmer for a further 5 minutes.
6. Serve the pilchard frikkadels with cooked spaghetti and any vegetables

Contributed by: Jessica Kidgell, Registered Dietitian

Fish & Bean Stew

Serves 4 - 6

Ingredients:

- 2 teaspoons vegetable oil
- 1 onion
- 1 x 400 g tin Pilchards (in tomato / chilli sauce)
- 1 x 400 g tin baked beans OR lentils (in tomato sauce)
- 2-3 potatoes (do not peel) OR 1 large butternut
- 1 stock cube OR 1 packet of soup powder (tomato / brown onion / white onion / vegetable)
- 1 teaspoon black pepper OR mixed herbs
- 2 cups water

Optional Additions:

Spinach / Morogo
Curry powder

Method:

1. Dice the onions
2. Add the oil to a medium sized saucepan
3. Cook the onions on a low heat, until soft
4. Chop the potatoes or butternut into cubes and add to the onions, cook for 5 minutes
5. Add the Pilchards and the beans, cook for a further 5 minutes
6. Mix the soup powder OR stock cube with the water, add to pot and allow to simmer for 10 minutes
7. Season with black pepper or mixed herbs
8. Serve with rice / barley / samp / pap / barley / bread / pasta

Pilchard Macaroni & Cheese

Serves 6-8

Ingredients:

- 1 x 400 g tin Pilchards in Tomato Sauce
- 1 onion finely chopped
- 2 tablespoons of white onion soup powder
- 3 cups of milk
- 2 tomatoes, sliced
- 2 eggs lightly beaten
- 100 g cheddar cheese, grated or 1 x cup soft breadcrumbs
- 250 g Macaroni
- Oil for cooking

Method:

1. Heat the oven to 200°C
2. Grease a casserole dish and set aside
3. Flake the pilchards in their sauce with a fork
4. Cook the macaroni in plenty of boiling, salted water until tender but not over-cooked
5. Drain the macaroni and rinse well with cold water
6. Fry the onion and cook until soft
7. Remove from the heat
8. Stir in the soup powder and 2 cups of the milk, and season with salt and pepper
9. Bring to boil and cook, stirring constantly, for 1 to 2 minutes until the sauce thickens, remove from the heat
10. Mix eggs into the remaining cup of milk and stir into the sauce with the cooked macaroni, pilchards and half the grated cheese
11. Spoon the pilchard and macaroni mixture into the casserole and top with the sliced tomatoes
12. Mix together the breadcrumbs or the remaining grated cheese and sprinkle on top
13. Bake uncovered for about 30 minutes until piping hot and the topping is crunchy and golden

Contributed by: Corinna Walsh, University of the Free State, Department of Nutrition and Dietetics

Spaghetti with Canned Beef/Sardines and Corn

Serves:6-8

Ingredients:

200 g (500 ml) raw spaghetti pieces
1 can (410 g) corn kernels, drained
1 can (300 g) of salted beef or 1 can (400 g) sardines in tomatoes, crushed
1 large tomato, peeled and cubed
1 onion, cubed
1 sweet pepper, pitted and cubed (optional)
25 ml finely chopped fresh parsley or 10 ml dried parsley
2 eggs, beaten
125 ml of milk
50 g (125 ml) of grated Cheddar cheese
Salt and / or pepper

Method:

1. Cook the spaghetti according to directions on packaging to al dente / soft and drain.
2. Lubricate / spray a flat, ovenproof bowl with a volume of 1 L with butter / margarine / non-stick spray.
3. Preheat oven to 180 C (350 F).
4. Lightly mix the cooked spaghetti with the corn kernels, salted beef / sardines, tomato, onion, sweet pepper (optional), parsley, eggs and milk.
5. Season the mixture to taste with the salt and pepper.
6. Spoon the mixture into the prepared bowl and sprinkle with the cheese.
7. Bake on the middle oven rack for 45-50 minutes, until cooked through and brown on top.
8. Serve warm.

Contributed by: Cornelia Nienaber-Rousseau, North-West University

Roti

Serves 4

Ingredients:

2 cups wheat flour
1 cup boiling water
½ teaspoon salt
3 tablespoons vegetable oil
Extra vegetable oil for drizzling

Method:

1. Add boiling water, salt and vegetable oil to wheat flour in a mixing bowl.
2. Mix ingredients with a wooden spoon until well combined.
3. Lightly kneed the batter on a flour dusted surface for 1-2 minutes, until a soft ball of dough is formed.
4. Divide the dough into 8 equal pieces.
5. Roll each piece of dough between into a ball between your palms and flatten slightly.
6. Roll out into a circle of about 1mm in thickness.
7. Preheat a flat griddle or pan and cook the roti one at a time until golden, turn over and drizzle with oil.
8. Cook the other side until golden – the roti will puff up while cooking.
9. Keep the cooked roti covered with a clean dishcloth until ready to serve.
10. Serve with bean chilli or vegetable curry.

Contributed by: Maria van der Merwe, Public Health and Nutrition Consultant



Soup Kitchen Recipes

Developed by Karen Protheroe (Registered Dietitian)

Lentil and Vegetable Soup

Enough to make 3 normal large kitchen pots (about 14 liters)

1 x 500g brown lentils or soup mix
2 x 500g soup mix (rinsed)
1 cup of vegetable oil e.g. sunflower oil
5 large onions
2 x 1 kg bags carrots (roughly chopped) (or butternut or pumpkin)
1 large cabbage (or any green veg)
8 stock cubes (any flavour)
4 teaspoons coriander powder
4 teaspoons cumin powder (instead of cumin and coriander powder you could use 8 teaspoons of a mild curry powder instead)
3 tablespoons dried mixed herbs
Seasoning to taste

1. Fry roughly chopped onions in the oil.
2. When soft, add chopped vegetables and leave to sweat for a few minutes.
3. Then add rinsed lentils and soup mix with stock cubes, water (10 -12 liters) and seasoning. Bring to boil and simmer with lids on, for approximately 60 – 90 minutes.
4. Keep adding more water when necessary to prevent sticking to the bottom. (lentils and soup mix absorb a lot of water).
5. When lentils are soft, mash or blend the soup to the desired texture and add extra boiling water if necessary.
6. The soup is meant to be a thick soup.

Tips

Carrots

No need to peel or take the ends off. Chop roughly as will be blended at the end.

Other vegetables

Please use up any other veggies you may have on hand including potatoes if you want.

Soup Mix

If you can't find a packet of soup mix, you can use red lentils, split peas, barley or even brown lentils. (Use 1 packet of above or a combination of the above)

No meat or chicken to be added to soup please (you can use beef or chicken stock cubes though)



Minestrone Soup

8 large onions chopped (or 12 medium)
250 ml canola or sunflower oil (or any oil you have)
2 kg carrots sliced or roughly chopped (use food processor if you have)
4 tablespoons paprika (optional)
12 cloves of garlic, minced or finely chopped or 7 tsp of garlic salt
230 ml tomato paste (2 x 115g cups)
3 kg tomatoes (skins removed and chopped) or 3 tins of pureed tomatoes
8 stock cubes (any, dissolved in boiling water)
7 bay leaves
6 tablespoons sugar
3 x 500 g bags of dried beans (soaked overnight or for 1-2 hours in boiling water)
4 tablespoons mixed herbs
Seasoning to taste
1 large finely sliced cabbage or 8 cups of any chopped vegetables
2 x 500 g bags of elbow macaroni or small pasta shells
10 liters water (this does not include the water used for soaking the beans)
300 ml fresh lemon juice (optional but a good way to increase the nutritional value of the soup)

1. Fry onions in the oil until soft.
2. Add the carrots and paprika and cook with the onions for a few minutes.
3. Then add all the other ingredients including the soaked beans (drain and throw away the soaking liquid) except for the cabbage and pasta and lemon juice.
4. Bring to the boil and simmer for approximately 90 minutes with the lids on.
5. Then test the beans and if they are soft, add the cabbage and pasta and cook for a further 5 minutes with the lid on.
6. Remove from heat and add lemon juice. Pasta softens as soup cools down

Tips

- I use my food processor to chop the onions and slice the carrots. No need to peel or take ends off the carrots.
- Instead of cabbage, you can use broccoli, cauliflower, potato, marrows, etc.
- Instead of carrots you can use butternut or pumpkin.

Food Safety in Soup Kitchens

Prevent food-borne illness

The primary indicators of 'food poisoning' are upset stomach, nausea, diarrhoea, fever or cramps. Some people are more vulnerable than others to developing symptoms after eating contaminated food. This includes babies and young children, the elderly, pregnant women and people with compromised immune systems. Fortunately, 'food poisoning' can usually be prevented.

1.1. Keep clean

While most microorganisms do not cause disease, dangerous microorganisms are found widely in soil, water, animals and humans. These microorganisms are carried on hands, wiping cloths and utensils, and especially cutting boards. The slightest contact can transfer the microorganisms to food and cause food borne diseases.



- Keep your hands clean:
 - Wash all surfaces of your hands with soap and water. Rinse and dry with a clean towel or paper towel.
 - Wash hands before food handling and often during food preparation.
 - Wash your hands after going to the toilet and changing babies' nappies.
 - The combination of soap and water helps remove grease, germs and dirt. A bucket and basin can be used when a dedicated hand wash basin is not available.
 - Make hand washing facilities available to your clients to use before they eat.
 - While washing with soap and water is ideal, people who do not have access to soap can use ash from a fire as a substitute for soap.

- Keep everything clean, just because it looks clean does not mean it is!
 - Wash and sanitise all surfaces and equipment used for food preparation.
 - Wash crockery and cutlery and ensure they are dry before being stacked for storage.
 - Wash and sanitise tea towels, cleaning cloths and aprons daily, and if possible dry in the sun.
 - Cleaning refers to removing visible dirt, sanitising kills most germs. A sanitising solution can be made by mixing 1 teaspoon of plain bleach with 750 ml of water.

- Protect kitchen areas and food from insects, pests and other animals:
 - Keep food covered or in closed containers.

- Keep rubbish bins covered and remove rubbish regularly.
- Use traps or bats to kill pests, ensure that they are appropriate for use in food service areas.

1.2. Separate raw and cooked food

Raw food, especially meat, poultry and seafood and their juices, can contain dangerous microorganisms which may be transferred to other foods during food preparation and storage. This is one form of cross contamination.



SEPARATE RAW AND COOKED

- Separate raw meat, poultry and seafood from other foods.
- Use separate equipment such as knives and cutting board for handling raw foods.
 - Wash these thoroughly immediately after use.
- Store food in containers to avoid contact between raw and prepared foods.

1.3. Cook thoroughly

Proper cooking can kill almost all dangerous microorganisms. Studies have shown that cooking food to a temperature of 70 °C can help ensure it is safe for consumption. Foods that require special attention include minced meats, rolled roasts, large joints of meat, and poultry.

- Cook food thoroughly, especially meat, poultry, eggs and seafood.
- Bring foods like soups and stews to boiling and make sure that they have reached 70 °C. For meat and poultry make sure that juices are clear, not pink.
- Reheat cooked food thoroughly until the internal part is hot (left overs).



COOK THOROUGHLY

1.4. Keep food at safe temperatures

Microorganisms can multiply quickly if food is stored at room temperature. If food is kept below 5 °C or above 60 °C the growth of microorganisms is slowed down or stopped.

- Refrigerate promptly all cooked and perishable food.
- Keep cooked food piping hot.



KEEP FOOD AT SAFE TEMPERATURES

- Do not store food too long, even in the refrigerator.
- Do not thaw frozen food at room temperature.
- Check the temperature of the fridge, and if it is not below 5°C do not rely on it to keep foods cold enough to improve food safety.
- When cooked food is donated be sure to heat it thoroughly before serving.



**USE SAFE WATER AND
RAW MATERIALS**

1.5. Use safe water and raw materials

Safe means that water and food is free from dangerous microorganisms and toxic chemicals at levels that could cause illness and / or disease.

- Do not accept donated foods that may be contaminated.
- Use safe water, or treat it to make it safe
- Select fresh and wholesome foods
- Choose foods processed for safety – such as pasteurised milk
- Wash vegetables and fruit, especially if eaten raw
- Do not use food beyond the use by date. The expiry date on long shelf life foods is a guideline, and food may be used past this date.
- Rotate food in the pantry, use the manufacturers use by date to decide which to use first.
- If cooked foods are accepted you must be sure that the preparation venue follows 'safe food' rules, and that the food is freshly prepared.
- Do not use 'left overs' more than once, if left overs are served and not used up the remainder must be discarded.
- Think twice before mixing left overs with fresh produce, if there are left overs the whole lot must be discarded.

Contributed by Carol Browne, Nutrition and Health Communication Consultant,
with thanks to Lions International



RECIPE CARDS

Bean soup

Serves 4 -6

Ingredients:

500g marrow bones or shin depending on the budget.
1 onion
2 cups dry beans, any (soaked overnight)
1 L of water
Beef stock cube
2 grated potatoes
3-4 grated carrots
Optional vegetables (green beans, corn, peas, spinach/marog, tomato, pumpkin)

Method:

1. Cook bones or shin, beans and onion in 1 L of water, until tender.
2. Grate the potato and carrots and add to the soup, together with the stock
3. Add any available extra vegetables to soup and cook until tender.
4. Remove bones and blend the soup or mash with a fork.
5. Add salt and pepper to taste

The soup can be enjoyed with bread or pap.

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2. Grate the potato and carrots and add to the soup, together with the stock
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4. Remove bones and blend the soup or mash with a fork.
5. Add salt and pepper to taste

The soup can be enjoyed with bread or pap.

Bean soup

Serves 4 -6

Ingredients:

500g marrow bones or shin depending on the budget.
1 onion
2 cups dry beans, any (soaked overnight)
1 L of water
Beef stock cube
2 grated potatoes
3-4 grated carrots
Optional vegetables (green beans, corn, peas, spinach/marog, tomato, pumpkin)

Method:

1. Cook bones or shin, beans and onion in 1 L of water, until tender.
2. Grate the potato and carrots and add to the soup, together with the stock
3. Add any available extra vegetables to soup and cook until tender.
4. Remove bones and blend the soup or mash with a fork.
5. Add salt and pepper to taste

The soup can be enjoyed with bread or pap.

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2. Grate the potato and carrots and add to the soup, together with the stock
3. Add any available extra vegetables to soup and cook until tender.
4. Remove bones and blend the soup or mash with a fork.
5. Add salt and pepper to taste

The soup can be enjoyed with bread or pap.

Sugar Bean Soup

Serves 4

Ingredients:

3 cups sugar beans
1 onion, chopped
Pinch of salt
½ teaspoon chilli powder
(or more to taste)
1 chicken stock cube
1 tablespoon soup powder
(any flavour)

Method:

1. Soak sugar beans overnight in water
2. Pour sugar beans and soaking water into a saucepan and bring to a boil.
3. Reduce heat and simmer, adding more water if needed, until beans are tender – about an hour.
4. Add onion, chicken stock and spices and bring to the boil.
5. Reduce heat, cover with a lid and simmer until thickened.

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Serves 4

Ingredients:

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Pinch of salt
½ teaspoon chilli powder
(or more to taste)
1 chicken stock cube
1 tablespoon soup powder
(any flavour)

Method:

1. Soak sugar beans overnight in water
2. Pour sugar beans and soaking water into a saucepan and bring to a boil.
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1. Soak sugar beans overnight in water
2. Pour sugar beans and soaking water into a saucepan and bring to a boil.
3. Reduce heat and simmer, adding more water if needed, until beans are tender – about an hour.
4. Add onion, chicken stock and spices and bring to the boil.
5. Reduce heat, cover with a lid and simmer until thickened.

Soup mix with chicken necks or vegetables

Serves: 4-6

Ingredients:

- Soup mix, washed and soaked over night
- 1 tomato, diced
- 1 stock cube, chicken diluted in 4 cups water
- 5 ml oil
- 1 onion, sliced
- 1 tsp ginger, crushed
- 1 clove garlic, crushed
- 1 green/dry chilli slit
- 10 ml chili or curry powder
- ½ tsp turmeric powder
- ½ kg chicken necks, washed
- 5ml salt
- Coriander, chopped to garnish

Method:

1. Place soup mix into a pan and bring to boil with stock mix. Add finely diced tomato after 30minutes of cooking. Cook till the mixture is soft and mushy (1-1.5hour/s).
2. Heat oil in a pan and sauté onions.
3. Add ginger, garlic, whole chilli, turmeric and chilli

powder (cook for a further minute).

4. Add chicken necks, season with salt and sauté till done on medium heat (10 minutes).
5. Place chickens into the soup mixture and allow to cook for a further 20 minutes for the flavours to blend. Top up with water if required, to have a medium consistency soup. Check seasoning.
6. Serve with bread or rolls.

Notes:

1. The soup mixed can be boiled in a pressure cooker to reduce cooking time or boiled on the stove top for 10 minutes and placed into a wonder cushion to reduce energy consumption.
2. Instead of chicken necks, substitute with a variety of roughly chopped vegetables.

Soup mix with chicken necks or vegetables

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Notes:

1. The soup mixed can be boiled in a pressure cooker to reduce cooking time or boiled on the stove top for 10 minutes and placed into a wonder cushion to reduce energy consumption.
2. Instead of chicken necks, substitute with a variety of roughly chopped vegetables.

Creamy Yellow Split Pea and Kale Soup

Serves: 6-8

Ingredients:

- 2 cups yellow split peas, thoroughly washed
- 5ml turmeric powder
- 4 cups water
- 5ml salt
- 1 small tomato, diced
- 1 bunch kale/spinach/mfino roughly sliced
- 10ml oil
- 1 small onion, sliced
- 1ml jeera (cumin) seeds
- 1 dry red chilli or 1ml chilli flakes
- 2 cloves garlic, finely sliced

Method:

1. Place yellow split peas, turmeric, water and salt in a pot and bring to the boil.
2. When the mixture comes to a boil, add the tomato and simmer for 40 minutes or until most of the yellow split peas dissolve, to form a thick creamy soup.
3. Mix in the kale/spinach/mfino and

simmer for a further 3-5 minutes.

4. While the soup simmers, heat the oil in a saucepan and fry onion until golden. Add the jeera, red chilli and garlic and fry for another minute.
5. Add the onion mix to the split pea and kale/spinach/mfino soup mixture. Stir well and serve.

Notes:

1. Stir frequently and top up with more water during the cooking, to avoid the soup burning as it thickens.

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simmer for a further 3-5 minutes.

4. While the soup simmers, heat the oil in a saucepan and fry onion until golden. Add the jeera, red chilli and garlic and fry for another minute.
5. Add the onion mix to the split pea and kale/spinach/mfino soup mixture. Stir well and serve.

Notes:

1. Stir frequently and top up with more water during the cooking, to avoid the soup burning as it thickens.

Corn and Bean Chowder

Serves 7 - 8 people

Ingredients:

2 tablespoons vegetable oil, e.g. sunflower oil
1 large onion, chopped (if available)
1 cup milk (Maas or reconstituted milk powder if available)
3 tablespoons flour
4 cups boiled water and 2 stock cubes / or 1 packet soup powder
½ teaspoon chilli or curry powder
1 can cream style corn
1 can / 1 cup beans, drained.
(if using dried beans, soak in water overnight)
1 cup lentils
2 ½ cups of water

Prepare beforehand:

If dried lentils are used: rinse them until the water runs clear. Place in a pot with 2 ½ cups of water and bring to the boil. Reduce the heat, allow to simmer for 25 minutes until soft with the lid at an angle. If using dried beans, soak the beans overnight

Method:

1. In a large pot, heat the oil on a medium to high heat. Add the chopped onions and stir until softened.
2. Turn down the heat to medium, add the flour and stir well. Add the stock or soup powder and the water and milk. Stir continuously until thick.
3. Add the chilli or the curry powder
4. Add the corn, beans and lentils, mix gently
5. Turn the heat down, until the lid and allow to simmer for 20 minutes. Stir occasionally and gently so that the

chowder does not stick. Turn the heat down if bubbling too much.

6. Add about 2 Tbsp of water if the sauce is too thick. Taste and adjust seasoning with salt and pepper.

7. Serve warm

Lentil Curry

Serves 2 -3

Ingredients:

1 cup raw dried red lentils briefly rinsed under a running tap
1 large onion, 1 tsp each garlic and ginger – chopped
1 tablespoon Canola or sunflower oil
2 teaspoons cumin
1 teaspoon coriander
½ teaspoon each fennel and cardamom
1 teaspoon turmeric
1 teaspoon salt
3 – 4 cups of water
Vegetables like cauliflower, carrots and broccoli or green beans (can be frozen) (2 – 3 cups in total).

Method:

1. Fry onion, garlic and ginger in the oil until soft. Add the spices and stir for a minute.
2. Add the lentils and 2- 3 cups of water. Allow lentils to simmer for 10minutes. Add fresh veggies (or frozen) and cook until lentils and veggies are cooked. Keep adding liquid if necessary. Flavour to taste with salt.
3. Serve with brown rice or roti and a salad of chopped tomatoes and onions and coriander.

Corn and Bean Chowder

Serves 7 - 8 people

Ingredients:

2 tablespoons vegetable oil, e.g. sunflower oil
1 large onion, chopped (if available)
1 cup milk (Maas or reconstituted milk powder if available)
3 tablespoons flour
4 cups boiled water and 2 stock cubes / or 1 packet soup powder
½ teaspoon chilli or curry powder
1 can cream style corn
1 can / 1 cup beans, drained.
(if using dried beans, soak in water overnight)
1 cup lentils
2 ½ cups of water

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1 teaspoon salt
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1. Fry onion, garlic and ginger in the oil until soft. Add the spices and stir for a minute.
2. Add the lentils and 2- 3 cups of water. Allow lentils to simmer for 10minutes. Add fresh veggies (or frozen) and cook until lentils and veggies are cooked. Keep adding liquid if necessary. Flavour to taste with salt.
3. Serve with brown rice or roti and a salad of chopped tomatoes and onions and coriander.

Lentil and Pearled Wheat Curry

Serves 6

Ingredients:

- 1 onion, chopped
- 2 cloves of garlic, crushed or finely chopped
- 1 tablespoon vegetable oil
- 2 tablespoon curry powder
- 1 teaspoon turmeric, ground
- ½ teaspoon salt
- 3 tomatoes, peeled and chopped (or 1 can chopped tomatoes)
- 1 chicken stock cube, dissolved in 750ml boiling water
- 1 cup pearled wheat
- 1 cup brown dried lentils
- 2 cups vegetables (e.g. chopped carrots or peas or mixed vegetables)

Method:

1. Rinse pearled wheat under running water.
2. Heat oil in a large saucepan, add onion and garlic and fry for five minutes until soft.
3. Add curry powder, turmeric and salt and fry for a minute.
4. Add chopped tomatoes, chicken stock and pearled wheat.
5. Bring to a boil and simmer for 25 minutes.
6. Add lentils and simmer for 15 more minutes.
7. Add vegetables and cook for 10 minutes or until just tender.
8. Add more water during the cooking process if needed.

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8. Add more water during the cooking process if needed.

Chickpea and Vegetable Curry

Serves 4

Ingredients:

1 tablespoon vegetable oil
1 onion, chopped
1 tablespoon curry powder
2 tablespoon peanut butter
1 teaspoon sugar
1 teaspoon chilli powder
1 can chickpeas, drained (can be replaced with any canned or cooked beans)
2 cups chopped vegetables (e.g. green beans, broccoli, green peppers)
4 carrots, chopped
200 ml water
150 ml milk

Method:

1. Heat oil in a large saucepan, add onion and garlic and fry for five minutes until soft.
2. Add curry powder, peanut butter, sugar and chilli powder and stir until well combined.
3. Add chickpeas and vegetables.
4. Stir in water and milk and bring to a boil.
5. Reduce heat and simmer for 20 minutes until vegetables are just tender.
6. Serve with rice or roti.

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Serves 4

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6. Serve with rice or roti.

Pilchard Frikkadels

Serves 4

Ingredients for frikkadels:

1 small onion, finely chopped
1 clove garlic, finely chopped (optional)
1 tablespoon vegetable oil
½ teaspoon paprika (optional)
1 teaspoon mild curry powder (optional)
¼ cup fresh parsley, chopped (optional)
1 x 400g tin of pilchards in tomato sauce
½ cup (100 g) plain flour, plus extra
Salt and pepper to taste
250 g spaghetti, cooking according to instructions on packet

Ingredients for tomato sauce

1 clove garlic, finely chopped (optional)
1 tablespoon vegetable oil
1 x 400 g tin of tomato and onion mix
Sauce from the tin of pilchards
¼ teaspoon of each: ground coriander, ground cumin and paprika (optional)
1 tablespoon fresh coriander, chopped (optional)
1 tablespoon fresh parsley, chopped (optional)
Salt and pepper to taste

Method:

1. Heat the oil in a pan on a medium heat. Cook the onion and garlic until translucent. Add the paprika and curry powder and cook for a further minute.
2. Separate the pilchards from the sauce and keep the sauce aside. Mash the pilchards with a fork.
3. Combine the pilchards, flour, parsley and the cooked onion mixture and mix well using a spoon. Season to taste. Using the extra flour, roll the pilchard mixture into small balls and keep aside while you make the tomato sauce.

4. Heat the oil for the sauce in a saucepan on a medium heat. Cook the garlic until translucent. Add the remaining sauce ingredients and simmer for 10 minutes. Add a little water if the sauce starts to dry out or get too thick. Season to taste.
5. Gently add the pilchard frikkadels to the saucepan and coat in the tomato sauce. Allow to simmer for a further 5 minutes.

Bean Chili

Serves 4

Ingredients:

1 tablespoon vegetable oil
1 onion, chopped
1 clove of garlic, crushed or finely chopped
1 teaspoon of chilli powder (or more, to taste)
2 cans of beans, drained or 3 cups cooked beans (e.g. butter beans, kidney beans, haricot beans)
1 can chopped tomatoes (or 3 fresh tomatoes, chopped)
Pinch of salt

Method:

1. Heat oil in a large saucepan, add onion and garlic and fry for five minutes until soft.
2. Add chilli powder and salt and fry for a minute.
3. Add beans and chopped tomatoes.
4. Bring to a boil and simmer for 10 minutes.
5. Serve with rice or roti.

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Pinch of salt

Method:

1. Heat oil in a large saucepan, add onion and garlic and fry for five minutes until soft.
2. Add chilli powder and salt and fry for a minute.
3. Add beans and chopped tomatoes.
4. Bring to a boil and simmer for 10 minutes.
5. Serve with rice or roti.

Fish & Bean Stew

Serves 4 - 6

Ingredients:

2 teaspoons vegetable oil
1 onion
1 x 400 g tin Pilchards (in tomato / chilli sauce)
1 x 400 g tin baked beans OR lentils (in tomato sauce)
2-3 potatoes (do not peel) OR 1 large butternut
1 stock cube OR 1 packet of soup powder (tomato / brown onion / white onion / vegetable)
1 teaspoon black pepper OR mixed herbs
2 cups water

Optional Additions:

Spinach / Morogo
Curry powder

Method:

1. Dice the onions
2. Add the oil to a medium sized saucepan
3. Cook the onions on a low heat, until soft
4. Chop the potatoes or butternut into cubes and add to the onions, cook for 5 minutes
5. Add the Pilchards and the beans, cook for a further 5 minutes
6. Mix the soup powder OR stock cube with the water, add to pot and allow to simmer for 10 minutes
7. Season with black pepper or mixed herbs
8. Serve with rice / barley / samp / pap / barley / bread / pasta / roti

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4. Chop the potatoes or butternut into cubes and add to the onions, cook for 5 minutes
5. Add the Pilchards and the beans, cook for a further 5 minutes
6. Mix the soup powder OR stock cube with the water, add to pot and allow to simmer for 10 minutes
7. Season with black pepper or mixed herbs
8. Serve with rice / barley / samp / pap / barley / bread / pasta / roti

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7. Season with black pepper or mixed herbs
8. Serve with rice / barley / samp / pap / barley / bread / pasta / roti

Vegetable and bean stew with dumplings

Serves: 4-6

Ingredients:

- 5 ml oil
- ½ onion, sliced
- 1 clove garlic, crushed
- 5 ml ginger, crushed
- 1 green chilli, cut into halves
- 1 large potato, cubed into 8 pieces
- ¼ cabbage, roughly shredded
- 2 carrots, cut into 4's
- 1 cup green beans, cut into 3's
- 1 can beans, butter or kidney drained
- 5ml salt
- 3 peppercorns, crushed
- 5ml mixed herbs, dried
- 2 cups water

Dumplings:

- 2 cups cake flour
- 10ml baking powder
- ¼ tsp salt
- 100g margarine/ medium fat spread
- ½ cup water or maas

Method:

1. Heat oil in a pan, sauté onions, add green chilli, ginger and garlic (1 min)
2. Add carrots, potatoes and cabbage and cook on low

heat for 5 minutes with pan covered.

3. Add green beans and canned beans, salt, pepper, mixed herbs and pour water over and allow to cook on medium heat for 5 minutes with pan covered.
4. Add dumplings onto on top of vegetables evenly spaced and cook for a further 5 minutes with lid on.

Dumplings:

1. Whilst the vegetables are cooking in step 3 prepare dumplings.
2. Sift flour and baking powder in a large bowl. Add salt.
3. Rub in margarine/ fat spread into flour till it resembles breadcrumbs.
4. Add water or maas to make a scone dough.
5. Break and shape into round balls.

Vegetable and bean stew with dumplings

Serves: 4-6

Ingredients:

- 5 ml oil
- ½ onion, sliced
- 1 clove garlic, crushed
- 5 ml ginger, crushed
- 1 green chilli, cut into halves
- 1 large potato, cubed into 8 pieces
- ¼ cabbage, roughly shredded
- 2 carrots, cut into 4's
- 1 cup green beans, cut into 3's
- 1 can beans, butter or kidney drained
- 5ml salt
- 3 peppercorns, crushed
- 5ml mixed herbs, dried
- 2 cups water

Dumplings:

- 2 cups cake flour
- 10ml baking powder
- ¼ tsp salt
- 100g margarine/ medium fat spread
- ½ cup water or maas

Method:

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Pilchard Macaroni & Cheese

Serves 6-8

Ingredients:

- 1 x 400g tin Pilchards in Tomato Sauce
- 1 onion finely chopped
- 2 tablespoons of white onion soup powder
- 3 cups of milk
- 2 tomatoes, sliced
- 2 eggs lightly beaten
- 100g cheddar cheese, grated or
- 1 cup soft breadcrumbs
- 250g Macaroni
- Oil for cooking

Method:

1. Heat the oven to 200°C
2. Grease a casserole dish and set aside
3. Flake the pilchards in their sauce with a fork
4. Cook the macaroni in plenty of boiling, salted water until tender but not over-cooked
5. Drain the macaroni and rinse well with cold water
6. Fry the onion and cook until soft
7. Remove from the heat
8. Stir in the soup powder and 2 cups of the milk, and season with salt and pepper
9. Bring to boil and cook, stirring constantly, for 1 to 2 minutes

until the sauce thickens, remove from the heat

10. Mix eggs into the remaining cup of milk and stir into the sauce with the cooked macaroni, pilchards and half the grated cheese
11. Spoon the pilchard and macaroni mixture into the casserole and top with the sliced tomatoes
12. Mix together the breadcrumbs or the remaining grated cheese and sprinkle on top
13. Bake uncovered for about 30 minutes until piping hot and the topping is crunchy and golden



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Spaghetti with Canned Beef/Sardines and Corn

Serves: 6-8

Ingredients:

- 200 g (500 ml) raw spaghetti pieces
- 1 can (410 g) corn kernels, drained
- 1 can (300 g) of salted beef or 1 can (400 g) sardines in tomatoes, mashed
- 1 large tomato, peeled and cubed
- 1 onion, cubed
- 1 sweet pepper, pitted and cubed (optional)
- 25 ml finely chopped fresh parsley or 10 ml dried parsley
- 2 eggs, beaten
- 125 ml of milk
- 50 g (125 ml) of grated Cheddar cheese
- Salt and / or pepper

Method:

1. Cook the spaghetti according to directions on packaging to al dente / soft and drain.
2. Lubricate / spray a flat, ovenproof bowl with a volume of 1 L with butter / margarine / non-stick spray.
3. Preheat oven to 180°C (350°F).
4. Lightly mix the cooked spaghetti with the corn kernels, salted beef / sardines, tomato, onion, sweet pepper (optional), parsley, eggs and milk.

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- 1 can (300 g) of salted beef or 1 can (400 g) sardines in tomatoes, mashed
- 1 large tomato, peeled and cubed
- 1 onion, cubed
- 1 sweet pepper, pitted and cubed (optional)
- 25 ml finely chopped fresh parsley or 10 ml dried parsley
- 2 eggs, beaten
- 125 ml of milk
- 50 g (125 ml) of grated Cheddar cheese
- Salt and / or pepper

Method:

1. Cook the spaghetti according to directions on packaging to al dente / soft and drain.
2. Lubricate / spray a flat, ovenproof bowl with a volume of 1 L with butter / margarine / non-stick spray.
3. Preheat oven to 180°C (350°F).
4. Lightly mix the cooked spaghetti with the corn kernels, salted beef / sardines, tomato, onion, sweet pepper (optional), parsley, eggs and milk.

Roti

Serves 4

Ingredients:

2 cups wheat flour
1 cup boiling water
½ teaspoon salt
3 tablespoon vegetable oil
Extra vegetable oil for drizzling

Method:

1. Add boiling water, salt and vegetable oil to wheat flour in a mixing bowl.
2. Mix ingredients with a wooden spoon until well combined.
3. Lightly kneed the batter on a flour dusted surface for 1-2 minutes, until a soft ball of dough is formed.
4. Divide the dough into 8 equal pieces.
5. Roll each piece of dough between into a ball between your palms and flatten slightly.
6. Roll out into a circle of about 1mm in thickness.
7. Preheat a flat griddle or pan and cook the roti one at a time until golden, turn over and drizzle with oil.
8. Cook the other side until golden – the roti will puff up while cooking.
9. Keep the cooked roti covered with a clean dishcloth until ready to serve.
10. Serve with bean chilli or vegetable curry.

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