

from our
basket
to your
kitchen



RECIPE of the WEEK



Recipe of the Week

Ingredients

5 ml ground coriander
5 ml ground cumin
5 ml chilli sauce (optional)
15 ml coconut shavings
1 garlic clove, crushed
5 ml salt
3 ml ground turmeric
100 ml plain
low fat yoghurt
10 ml lemon juice
15 ml sunflower oil
3 medium sized aubergines,
thickly sliced
2 large tomatoes, sliced
250 ml cheese, grated
salt and freshly ground black
pepper, to taste
fresh coriander leaves, to serve

Method

Mix the spices, coconut shavings, garlic, yoghurt, lemon and oil together and brush the aubergines liberally with the yoghurt mixture. Place the aubergine in a lightly greased baking tray and grill under a preheated oven grill until tender. Make layers with the aubergine, tomato and some of the cheese ending with the cheese on top. Do the same with the slices of remaining aubergine, ending up with 6 stacks. Place the stacks on a baking tray and grill in the oven until the cheese has melted and the tomato skins start to wrinkle. Season to taste, garnish with coriander leaves and serve.

Aubergine, Tomato and Cheese Stacks



Recipe of the Week

Salmon and Avocado Californian Wraps



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Week 6

Ingredients

30 ml dill, freshly chopped
250 g tub smooth fat free
cottage cheese
zest of 1 lime
salt and freshly ground black
pepper, to taste
4 soft flour wraps
200 g smoked salmon
1 avocado, sliced
2 handfuls of washed and dried
watercress

mayonnaise

Japanese mayonnaise
lime juice
sprinkling of wasabi

Method

Combine the dill, the cottage cheese, the lime zest and seasoning. Spread onto the wraps. Arrange the salmon in a strip, close to one edge, top with slices of the avocado and then with the watercress. Roll up tightly and cover with cling film. Cut into 2 cm thick pieces just before serving. To prepare the mayonnaise: Mix the Japanese mayonnaise with a little lime juice and a sprinkling of wasabi. Garnish with extra watercress and serve with lime infused mayonnaise.

Alternatives: Mix 45 ml wholegrain mustard with the cottage cheese instead of the dill and the lime zest and spread onto the wraps. Top with fried beef strips, sliced mixed peppers, rocket and avocado. Serve with a drizzle of your favourite mayonnaise.

Mix cottage cheese with 45 ml sweet chilli sauce instead of the dill and the lime zest and spread onto wraps. Top with smoked chicken strips, sliced mango, avocado and coriander. Serve with mayonnaise mixed with a little sweet chilli sauce.



of the week

bunny chow *with butter chicken curry*

Ingredients

Method

1 kg chicken breasts, cut into cubes

60 ml vegetable oil

60 ml butter

1 large onion, grated

2 garlic cloves, crushed

45 ml garam masala

5 ml cinnamon, ground

45 ml turmeric

2 ml cumin

2 ml ground coriander

45 ml tomato paste

60 ml liquid seasoning

400 ml buttermilk

400 g can of chopped tomatoes

125 ml cream

5 ml cornflour

10 ml fresh coriander leaves, chopped

2 loaves of white country bread

Brown the chicken in batches then set aside. In the same pot sauté the onions in butter and add the chicken, garlic and spices. Cook for a few minutes and then add the tomato paste and the liquid seasoning and fry for 2 minutes. Add the buttermilk, cornflour, tinned tomatoes and cream and simmer until the chicken is tender. Reduce the sauce and add the coriander. For the bunny chow, cut off the top of each loaf and scoop out the filling. When serving fill each loaf up with the curry and top up with the chutney and more fresh coriander.



< RECIPE > OF THE WEEK

BERRY MINT BREAKFAST SMOOTHIE

Ingredients

200 g strawberry yoghurt,
frozen
300 ml milk
175 ml oats
2 bananas, chopped
250 g frozen berries
5 ml vanilla essence
40 ml sugar
10 ml fresh mint, chopped

Method

Put all the ingredients into a blender. Liquidise until smooth and creamy. Pour into serving glasses and garnish with extra berries and/or mint. Serve chilled.

