

# SPICED LAMB AND CORIANDER BURGERS

## INGREDIENTS

1 onion, finely chopped  
2 garlic cloves, chopped  
10 ml ground coriander  
5 ml cumin, toasted  
200 g lamb mince  
30 ml chutney  
30 ml liquid seasoning  
5 g fresh coriander, chopped  
50 ml fresh white breadcrumbs  
1 egg  
  
40 ml wasabi flavoured plum sauce  
2 burger buns  
lettuce  
tomato

## METHOD

Heat the oil in a pan and gently sauté the onion, garlic, ground coriander and cumin until glossy. Allow to cool completely. Place the mince into a bowl and add the chutney, liquid seasoning, fresh coriander, breadcrumbs, egg and cooled onion mix. Mix very well to combine and then chill. Form the cooled mix into patties and compact well. Heat a grill pan and grill the patties on both sides, brushing regularly with wasabi flavoured plum sauce. Serve on a crisp bun with fresh lettuce and tomato.



*Recipe of the Week*

**WEEK 27**

 **Bidvest**  
foodservice





*Recipe of the Week*

**Week 28**



# Swiss Breakfast Crunch

## INGREDIENTS

200 g fruit salad  
flavoured yoghurt  
½ cup of stewed fruit or  
diced  
fresh fruit  
2 tablespoons of  
chopped nuts  
2 tablespoons of honey  
  
1 cup of corn flakes or  
any other cereal

## METHOD

Mix all of the ingredients together.  
Divide between 2 serving bowls.





# Recipe of the Week

Week 29

## Kingklip Thai Curry

### ingredients

½ tablespoons of olive oil  
1 kg kingklip, cut into quarters  
4 carrots, julienne  
2 small punnets of sugar peas, halved  
1 large onion, chopped  
5 ml garlic paste  
5 ml ginger, crushed  
5 ml chilli paste  
100 ml thai red curry paste  
1 cube of vegetable stock  
200 ml white wine  
2 cups of water  
400 ml coconut milk  
1 tablespoon of brown sugar  
10 ml coriander  
basmati rice to serve, cooked

### method

Heat the oil in a large frying pan over a medium heat. Add the garlic, ginger, chilli paste and red curry paste. Add the vegetables and stir fry the vegetables for 5 minutes then set aside. Add more oil to the pan and quickly fry the kingklip until lightly cooked on the outside. Add the vegetables and mix all together. Add the coconut milk, wine, water, stock and sugar and let it simmer for 5 minutes. Add the coriander and serve hot with the rice.





# Recipe of the Week

## Glazed Brie

with honey and nuts

### Ingredients

¼ cup of honey  
1 tablespoon of brandy  
¼ cup of coarsely  
chopped pecans  
1 wedge of brie cheese

crackers, tart dried  
apricots and seedless  
grapes to serve

### Method

In a small bowl combine the honey, the pecans and the brandy. Place the cheese on a large ovenproof platter. Bake in a preheated, 260°C, oven for 4-5 minutes or until the cheese softens. Drizzle the honey mixture over the top of the cheese. Bake for 2 to 3 minutes longer or until the topping is thoroughly heated. Do not melt the cheese. Serve with the crackers, tart dried apricots and seedless grapes.



# Week 30

 **Bidvest**  
foodservice