

# NUTTY SUGAR AND SPICE LOAF

## WITH SAFFRON AND CREAM CHEESE ICING

### INGREDIENTS

#### Loaf

non-stick cooking spray  
500 g vanilla flavoured muffin mix  
30 g cornstarch  
4 g ginger, ground  
2 g cinnamon, ground  
2 g nutmeg, ground  
1 g clove, ground  
2 large eggs  
150 ml sunflower oil  
250 ml buttermilk  
20 g pistachio nuts, roughly chopped  
20 ml spiced sugar (2 ml mixed spice mixed with 18 ml brown sugar)

#### Icing

250 g smooth plain cream cheese  
5 ml cardamom, ground  
50 ml plain yoghurt  
75 g icing sugar  
1 ml saffron threads  
mixed nuts, chopped

### METHOD

#### Loaf

Preheat the oven to 180°C. Grease a large loaf tin with non-stick cooking spray. Put all dry ingredients into a mixing bowl. Mix eggs, oil and buttermilk together and add to the dry mix. Mix well to form a batter. Fold in pistachio nuts and pour batter into baking tin. Sprinkle spiced sugar over the top. Bake for 40 minutes or until skewer comes out clean. Remove from the oven and allow to cool for 10 minutes in the tin, before putting onto a cooling rack.

Refrigerate for 30 minutes before icing the cooled cake.

Decorate with chopped nuts.

#### Icing

Beat all the ingredients together until light and creamy.

Add more icing sugar and saffron if required.



\* These recipes are also available in For the Menu with a Twist Recipe Book

*Recipe of the Week*

**WEEK 45**

**Bidfood**



# Cheese Burger Pie

## INGREDIENTS

1 x 230 g unbaked  
cheese burger pie  
oil for frying chips  
200 g frozen thin cut  
fries  
traditional hearty beef  
gravy  
Sea salt and freshly  
ground black pepper  
for seasoning

## METHOD

Allow burger pie to defrost for 30 minutes prior to baking. Preheat the oven to 200°C. Warm up the oil in a shallow pot on high heat. Place the burger pie in the oven for 25 minutes or until golden brown. Place the thin fries in the hot oil and fry until crisp and golden. Bring the gravy to the boil. Place the pie on a plate and serve the fries on the side of the dish. Generously spoon the gravy over the pie and season to taste.



# Recipe of the Week

Week 47

## Thai Chicken Satay Skewers

### ingredients

75 ml peanut butter  
30 ml sesame oil  
20 g garlic  
5 ml ginger spice  
320 ml dairy cream alternative  
2 ml lime seasoning  
30 ml soya sauce  
10 ml peri-peri marinade  
10 g chilli  
20 g fresh coriander  
1 kg chicken fillets  
±15 skewers, soaked in water

### method

Mix all the ingredients, except the chicken, into a blender and blend to a smooth consistency (don't mind if there are small bits). Cut the chicken into 3 x 2 cm cubes. Pour half the satay sauce over the chicken and keep the rest for a dipping sauce. Marinate the chicken for 15 minutes. Place 3 chicken cubes on a skewer. Cook the chicken in the oven at 180°C for 10 minutes.

Serve with a side salad and dipping sauce.



\* These recipes are also available in For the Menu with a Twist Recipe Book



# Recipe of the Week

## Protein Packed Smoothie

### Ingredients

500 ml low fat plain yoghurt  
2 ripe medium bananas, sliced  
500 ml fresh or frozen strawberries  
30 ml honey  
30 ml peanut butter  
fresh strawberries for garnish

### Method

In a blender, combine yoghurt, sliced bananas, strawberries, honey and peanut butter.

Cover and blend until nearly smooth, pausing in between to scrape down the sides of the container if necessary.

Pour into glasses and garnish with strawberries.

Serves 4.



Week 48

