



RECIPE 01

Tandoori chicken kebabs with Mexican coleslaw

Tandoori chicken kebabs

SERVES: 4

PREPARATION TIME: 20 minutes

COOKING TIME: 15 to 20 minutes

INGREDIENTS

2.5 cm piece fresh ginger, peeled
4 garlic cloves, peeled
1 green chilli, destalked
2 tablespoons fat-free plain yoghurt or sour milk
2 teaspoons chickpea flour
1 teaspoon mild paprika
½ teaspoon chilli powder, or more to taste
½ teaspoon garam masala
1 teaspoon ground coriander
Pinch of ground cinnamon
Pinch of saffron, crushed
Salt, to taste
450 g skinless, boneless chicken thighs, cut into bite-sized pieces
1 teaspoon olive oil, for basting
Chaat masala, to serve
Juice of ½ lemon

INSTRUCTIONS

Soak wooden skewers in water and preheat the braai.

Blend the ginger, garlic and green chilli into a smooth paste.

Mix the yoghurt and chickpea flour in a bowl until smooth and free of lumps.

Add the ginger mixture, paprika, chilli powder, garam masala, ground coriander, cinnamon, saffron and salt.

Add the chicken and mix until every piece is well coated.

Cover and leave to marinate for at least 30 minutes. Shake off any excess marinade and thread the chicken pieces onto the skewers.

Braai for 15 to 20 minutes, turning every 5 minutes and basting lightly with olive oil.

Cook until the chicken is cooked through and lightly charred around the edges.

Finish with lemon juice and a sprinkling of chaat masala.



Tandoori chicken kebabs with Mexican coleslaw

Mexican coleslaw

SERVES: 8

PREPARATION TIME: 15 minutes

INGREDIENTS

THE DRESSING

1 cup fat-free yoghurt
½ cup sour cream
3 tablespoons fresh lime juice
1 tablespoon Mexican seasoning or taco seasoning

FOR THE COLESLAW

250g shredded cabbage 100g
grated carrots, cut into thin
strips
1 red bell pepper, cut into thin strips
¼ cup grated radish
1 can black beans drained and rinsed
1½ cups sweetcorn
1 jalapeño seeded and minced
½ cup chopped fresh cilantro
Pinch of salt
Fresh ground black pepper

INSTRUCTIONS

FOR THE DRESSING

In a small bowl, stir together yoghurt, sour cream, lime juice, and taco seasoning.

FOR THE COLESLAW

In a large serving bowl, add cabbage, carrots, red pepper, radish, black beans, corn, jalapeno, and cilantro.

Gently stir in the sour cream dressing.

Season with salt and freshly ground black pepper to taste.

Cover and refrigerate for 30 minutes before serving with the chicken kebabs.



Pan-grilled ostrich fillet with Mediterranean chickpea salad

Pan-grilled ostrich fillet

SERVES: 4

PREPARATION TIME: 7 minutes

COOKING TIME: 10 minutes

INGREDIENTS

4 ostrich fillets, approximately 180 g each

3 tablespoons olive oil

Coarse salt, to taste

Freshly ground black pepper, to taste

INSTRUCTIONS

Rub the ostrich fillets with olive oil and season both sides with salt and black pepper.

Heat a cast-iron skillet or braai griddle over high heat.

Add the fillets once the skillet is hot and sear on one side until charred.

Turn the fillets using tongs and sear the second side.

Reduce the heat to medium and cook for another 2 minutes on each side, or until the desired level of doneness is reached.

Remove the fillets from the heat, cover loosely with foil and allow them to rest before slicing.

Serve with the Mediterranean chickpea salad.



Pan-grilled ostrich fillet with Mediterranean chickpea salad

Mediterranean chickpea salad

SERVES: 6

PREPARATION TIME: 20 minutes

INGREDIENTS

FOR THE SALAD

1 can chickpeas, drained and rinsed
1 medium cucumber, chopped
1 pepper, chopped
½ red onion, thinly sliced
½ cup Kalamata olives, pitted and chopped
½ cup feta, crumbled
Salt and freshly ground black pepper, to taste

FOR THE VINAIGRETTE

¼ cup extra-virgin olive oil
¼ cup white wine vinegar
1 tablespoon lemon juice
1 tablespoon fresh parsley, chopped
¼ teaspoon red pepper flakes
Salt and freshly ground black pepper, to taste

INSTRUCTIONS

Add the chickpeas, cucumber, pepper, red onion, olives and feta to a large bowl.

Toss gently and season with salt and black pepper.

Place the olive oil, white wine vinegar, lemon juice, parsley and red pepper flakes in a jar.

Close the jar and shake until the vinaigrette is fully combined.

Season the vinaigrette with salt and black pepper.

Dress the salad just before serving with the sliced ostrich fillet.



RECIPE 03

Orange, ginger and honey prawn skewers with charred chilli-lime corn

Prawns

SERVINGS: 6

PREPARATION TIME: 20 minutes

COOKING TIME: 15 minutes

INGREDIENTS

600g cleaned prawns

15ml olive oil

1 teaspoon chopped basil

1 lemon zest

1 chilli, deseeded and chopped

½ tsp sea salt

Freshly ground black pepper

INSTRUCTIONS

In a bowl, place lemon zest, chopped chilli, chopped basil, prawns, and olive oil.

Allow to marinate for about 15 minutes.

Heat a pan and season the prawns with salt and black pepper before placing in a single layer to the pan.

Cook for 2 minutes each side until the prawns are firm to the touch and have a bit of colour, the prawns should not be brown and tough.

Serve prawns warm with the corn, a lovely green salad will also be delightful.



Orange, ginger and honey prawn skewers with charred chilli-lime corn

Charred corn with chilli, honey and lime dressing

SERVINGS: 8

PREPARATION TIME: 5 minutes

COOKING TIME: 15 minutes

INGREDIENTS

4 sweetcorn cobs
1 red chilli
Zest and juice of 1 orange
2 garlic cloves, crushed
1 tablespoon honey
30 ml olive oil
15 ml lime juice
¼ cup fresh coriander, chopped
¼ teaspoon salt
¼ teaspoon freshly ground black pepper

INSTRUCTIONS

Steam the sweetcorn for approximately 7 minutes.
Blend the chilli, garlic, honey, olive oil, lime juice, coriander, salt and black pepper to make the dressing.
Allow the dressing to stand while the corn cooks.
Place the steamed corn on a hot braai grid.
Braai until the corn is tender and evenly charred.
Drizzle the dressing over the warm corn.
Serve alongside the yellowtail kebabs.



Whole braaied trout with Mexican-style three-bean salad

Whole braaied trout with fennel and orange

SERVINGS: 4

PREPARATION TIME: 30 minutes, plus 1 hour to marinate the fennel

COOKING TIME: 15 minutes

INGREDIENTS

4 trout portions, approximately 150 g each, or 2 whole trout sides

2 fennel bulbs, with some fennel tops reserved
1 large garlic clove, finely chopped 30 ml olive oil

Salt and freshly ground black pepper, to taste

3 oranges:

-1 orange, zested and juiced

-1 orange, peeled and thinly sliced

-1 orange, halved

INSTRUCTIONS

Cut the fennel bulbs into large wedges. Combine the fennel, garlic, olive oil, orange juice and orange zest in a bowl.

Leave the fennel to marinate for approximately 1 hour. Create a large foil parcel and add the fennel with its marinade.

Seal the parcel and cook over indirect heat on the braai at approximately 180°C for 30 minutes, or until the fennel is tender.

Remove the trout from the fridge approximately 30 minutes before cooking.

Season the trout lightly and top with the reserved fennel leaves and orange slices.

Remove the cooked fennel from the foil parcel and reserve the cooking liquid.

Increase the braai temperature to between 230°C and 250°C and lightly grease the grid.

Cook the trout over indirect heat for 5 to 7 minutes, spooning over a little of the fennel cooking liquid.

Move the trout to direct heat and cook for a further 5 minutes to crisp the skin.

Place the fennel wedges and orange halves over direct heat until lightly caramelised.

Serve the trout with the grilled fennel and oranges, alongside the three-bean salad.



Whole braaied trout with Mexican-style three-bean salad

Mexican-style three-bean salad

SERVINGS: 6

PREPARATION TIME: 5 to 10 minutes

COOKING TIME: 15 minutes

INGREDIENTS

2 sweetcorn cobs, blanched

2 teaspoons butter

½ can cannellini beans, drained and rinsed

1 can kidney beans, drained and rinsed

3 spring onions, finely sliced

1 small bunch fresh coriander

Juice of 2 limes

15 ml olive oil

150 g fine green beans, steamed and cooled

1 avocado

Lime wedges, to garnish

Pinch of salt

Pinch of freshly ground black pepper

INSTRUCTIONS

Rub the corn with the butter.

Braai the corn over direct heat until tender and charred. Add the lime wedges to the braai and grill lightly.

Remove the corn kernels from the cobs and allow them to cool.

Combine the charred corn, cannellini beans, kidney beans, spring onions, coriander, olive oil and the juice of 1 lime.

Season lightly with salt and black pepper.

Leave the salad to stand for at least 1 hour so that the flavours can combine.

Add the steamed fine beans immediately before serving.

Slice the avocado and dress it with the juice of the second lime.

Arrange the bean and corn mixture on a large platter. Top with the avocado slices, fresh coriander and grilled lime wedges.

Serve with the braaied trout.

Serve the trout with the grilled fennel and oranges, alongside the three-bean salad.