



WINTER

RECIPE COLLECTION



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*Italian
minestrone soup*

Italian minestrone soup

Brimming with cannellini beans, fresh oregano, chilli flakes, and tomato



PREPARATION TIME
15 MIN



COOKING TIME
30 MIN



SERVES
6

INGREDIENTS

2 tablespoons extra-virgin olive oil
1 medium yellow onion, diced
2 medium carrots, chopped
2 celery ribs, thinly sliced
1 teaspoon sea salt, plus more to taste
Freshly ground black pepper
3 garlic cloves, grated
1 can diced tomatoes with no added sugar or salt
1 ½ cups white beans or kidney beans, cooked, drained, and rinsed
1 cup chopped green beans
4 cups low-sodium or homemade vegetable broth
2 bay leaves
1 teaspoon dried oregano
1 teaspoon dried thyme
¾ cup cooked small wholewheat pasta, elbows, shells or orecchiette
½ cup chopped fresh Italian parsley
2 pinches of red pepper flakes
Grated Parmesan cheese, optional, for serving

METHOD

- Heat the oil in a large pot over medium heat. Add the onion, carrots, and celery. Cook, stirring occasionally, for 8 minutes, until the vegetables begin to soften.
- Add the garlic and cook until fragrant.
- Add the canned tomatoes, beans, green beans, stock, bay leaves, oregano, and thyme. Cover and simmer for 20 minutes.
- Stir in the cooked pasta and cook, uncovered, for 5 more minutes.
- Season to taste and serve with chopped Italian parsley, red pepper flakes, and Parmesan, if desired.



Thai pumpkin soup

Thai pumpkin soup

With lemongrass, leeks and coconut milk, finished with coriander cream and crispy onion garnish.



PREPARATION TIME
15 MIN



COOKING TIME
35 MIN



SERVES
8

INGREDIENTS

Soup

1 tablespoon canola oil
2 leeks, chopped
2 garlic cloves, minced
1 teaspoon freshly grated ginger
1 lemongrass stalk, bruised
3 tablespoons Thai red curry paste
1 kg pumpkin
2 cups low-sodium or homemade vegetable broth
1 can reduced-fat coconut milk
1 cup fat-free milk
2 tablespoons lime juice
Salt

Cream

15g coriander
250ml plain low-fat yoghurt
2 tablespoons lemon juice
Salt and pepper to taste

Garnish

½ cup onion crackling



Thai pumpkin soup

Thai pumpkin soup

METHOD

- Heat the oil over medium heat in a large pot.
- Add the leeks and sauté for 5 minutes.
- Add the garlic, ginger, lemongrass and curry paste and cook for 3 minutes.
- Add the pumpkin and broth, stirring to incorporate, then season with salt and bring to a boil.
- Reduce the heat to low and simmer for 20 minutes.
- Stir in the coconut milk, milk and lime juice and let it cool for 10 minutes.
- Transfer the soup to a blender and pureé until smooth.
- To make the coriander cream, put the coriander, yoghurt, lemon juice, salt and pepper in a blender and pulse until smooth.
- Return the soup to the saucepan to reheat.
- Garnish with the onion and serve.



*Slow-poached
kingklip*

Slow-poached kingklip

*In a saffron cream sauce,
served with pak choi and
baby carrots, alongside
sesame wholewheat
noodles*



PREPARATION TIME
15 MIN



COOKING TIME
20 MIN



SERVES
4

INGREDIENTS

Saffron cream sauce

2 tablespoons butter
2 tablespoons flour
50mg saffron
60ml boiling water
1 cup homemade or low-sodium vegetable stock
2 cups low-fat milk
½ cup low-fat plain yoghurt
Pinch of salt and black pepper
45ml freshly grated Parmesan

Kingklip and vegetables

300g pak choi, washed
200g baby carrots, peeled
4 x 180g kingklip

Sesame noodles

½ a packet wholewheat noodles
15 ml sesame oil
1 clove garlic
1 clove ginger
30ml less-salt soya sauce
1 tablespoon sriracha
30ml toasted black and white sesame seeds
Pinch of salt
Freshly ground black pepper



*Slow-poached
kingklip*

Slow-poached kingklip

METHOD

Saffron sauce

- Melt butter in a large saucepan over medium heat. Sprinkle with flour and cook for one minute, stirring constantly.
- While whisking, slowly add in vegetable stock, whisk until smooth, then slowly add the milk half a cup at a time and lastly the saffron.
- Place the sauce on a low heat and simmer until the sauce starts to thicken, whisking constantly.
- Whisk in the low-fat yoghurt and season.

Kingklip and vegetables

- Cut the leaves off the pak choi and set aside. Wash the bulb of the pak choi to remove any sand, then cut it in half lengthwise.
- Place the peeled carrots and the pak choi halves into the saffron sauce and gently rest the kingklip on top.
- Cover with a lid and bring to the boil.
- Reduce the heat until the sauce is gently simmering and cook for 10 minutes with the lid on.
- Remove the lid and simmer for 5 more minutes to allow the sauce to reduce slightly.
- Stir in the Parmesan cheese and whisk until it has completely melted. Season with salt and pepper.

Noodles

- Place noodles in a pot of boiling water seasoned with a pinch of salt.
- While noodles are cooking, toast the sesame seeds in a hot pan until golden and fragrant.
- When noodles are al dente, strain and refresh under cold water, then drain.
- In a heated pan, add the minced garlic and ginger and cook until fragrant.
- Add the soya sauce and sriracha to the pan.
- Add the cooked noodles and mix well. Let simmer for 2 minutes.
- Toss through the toasted sesame seeds and serve alongside the slow-poached kingklip, drizzling the saffron cream sauce on top.



Brazilian fish stew

Brazilian fish stew

With red pepper, paprika, coconut milk and fresh coriander in a warming tomato broth



PREPARATION TIME
25 MIN



COOKING TIME
25 MIN



SERVES
5

INGREDIENTS

Fish

500g kabeljou or kingklip
1 tablespoon lime juice
Pinch of salt
Pinch of black pepper
1 tablespoon olive oil

Broth

1½ tablespoons olive oil
2 cloves garlic
1 small onion, chopped
1 red pepper, sliced
1½ teaspoons sugar
1 tablespoon cumin powder
1 tablespoon paprika
½ teaspoon cayenne pepper
½ teaspoon salt
400ml reduced-fat coconut milk
400ml can crushed tomatoes with no added sugar or salt
1 cup vegetable stock, low-sodium or homemade

Garnish

1 to 2 tablespoon lime juice
3 tablespoons roughly chopped fresh coriander





Brazilian fish stew

Brazilian fish stew

METHOD

Fish

- Combine the fish, lime juice, oil and pepper in a bowl. Cover with cling wrap and refrigerate for 20 minutes.
- Heat 1 tablespoon of oil in a large skillet over high heat. Season the fish with salt and cook until just cooked through and lightly browned. Remove from the skillet and set aside.

Broth

- Reduce the stove to medium-high heat and add olive oil to the same skillet. Add the garlic and onion, and cook for 1½ minutes, or until the onion begins to become translucent.
- Add the red peppers and cook for 2 minutes.
- Add the remaining broth ingredients. Bring to the boil, then turn down to a simmer and cook for 15 to 20 minutes or until it thickens. Adjust salt and pepper to taste.
- Return the fish to the broth to reheat for about 2 minutes.
- Stir through lime juice.
- Garnish with coriander.



*Fragrant Mauritius
biryani*

Fragrant Mauritius biryani

Layers of marinated meat and brown basmati rice, with delicate spices and fresh coriander.



PREPARATION TIME
30 MIN



COOKING TIME
50 MIN



SERVES
8 TO 10

INGREDIENTS

2 cups of brown basmati rice
500g lean venison (or beef), cut into 2 cm cubes
2 medium onions, finely chopped
3 cloves of garlic, minced
5cm piece of ginger, grated
Half a tin of tomatoes with no added sugar and salt, chopped
2 tablespoons of canola oil
1 teaspoon of cumin seeds
1 cinnamon stick
6 green cardamom pods
3 cloves
2 bay leaves
1 teaspoon of turmeric powder
1 teaspoon of chilli powder
1 teaspoon of garam masala
Salt to taste
Fresh coriander leaves for garnishing



*Fragrant Mauritius
biryani*

Fragrant Mauritius biryani

METHOD

- In a mixing bowl, combine the venison with ginger, garlic, turmeric powder, chilli powder, and salt. Mix well.
- Allow venison to marinate for at least 30 minutes. Overnight is best.
- Rinse the rice under cold water to remove excess starch and separate grains.
- Place rice in a bowl and cover with water, soak for 30 minutes, then drain.
- In a large pot, add 6 cups of water, a pinch of salt, a cinnamon stick, green cardamom pods, cloves, and bay leaves.
- Add the drained rice and cook in the flavoured liquid until it is 70% cooked. The rice should still have a slight bite. Drain the rice and set it aside.
- Heat the canola oil in a heavy-based pan over medium heat. Add the cumin seeds and allow them to splutter. Next, add the chopped onions and sauté until golden brown.
- Add the marinated venison and cook until browned all over. Stir in the chopped tomatoes and cook until they start to soften. Remove from the heat and place in a bowl.
- In a big pot, add a layer of rice, followed by a pinch of garam masala and some fried onions. Next, add a layer of venison. Repeat this layering process.
- Cover the pot with a tight-fitting lid to allow the flavours to blend together.
- Let the biryani cook on a low heat for about 25 to 30 minutes.
- Once the biryani is cooked, remove it from the heat and let it sit, covered, for another 5 minutes to allow the steam to settle.
- Fluff the rice with a fork to separate the grains.
- Garnish with fresh coriander leaves and additional fried onions for an enticing presentation.



*Oven-baked chicken
with spicy spinach
and basil rice*

Oven-baked chicken with spicy spinach and basil rice

In a creamy wild mushroom sauce, served with spicy spinach and basil rice



PREPARATION TIME
15 MIN



COOKING TIME
35 MIN



SERVES
4

INGREDIENTS

Chicken

1 ½ tablespoons extra-virgin olive oil
4 x 160g chicken fillets, skinless
Freshly ground salt and black pepper

Sauce

1 ½ tablespoons extra-virgin olive oil
1 leek, trimmed, thinly sliced
2 garlic cloves, crushed
20g butter
350g exotic mushrooms, sliced
½ cup light sour cream
1 ½ cups yoghurt
½ cup low-sodium or homemade chicken stock
2 teaspoons Dijon mustard
1 teaspoon fresh thyme leaves, plus extra to serve



*Oven-baked chicken
with spicy spinach
and basil rice*

Oven-baked chicken with spicy spinach and basil rice

METHOD

Preheat the oven to 180°C, fan-assisted.

Chicken

- Heat 1 ½ tablespoons of oil in a large heavy-based ovenproof frying pan over a high heat. Season chicken on both sides with salt and pepper. Add to pan, presentation side down.
- Cook for 3 minutes until golden. Turn over and transfer the pan to the oven.
- Bake for 15 minutes or until just cooked through.
- Transfer chicken to a plate.

Sauce

- Melt butter in the same pan over medium heat.
- Add mushrooms and cook, stirring occasionally, for 4 minutes or until golden and just tender. Transfer to a bowl.
- Heat 1 ½ tablespoons of the remaining oil in the pan over medium heat. Cook the leek, stirring, for 5 minutes or until softened. Add garlic and cook until fragrant.
- Return the mushrooms to the pan and toss.
- Add yoghurt, sour cream, mustard and thyme, whisking until smooth.
- Reduce heat to a simmer and cook until the chicken is heated through.
- Serve with spicy spinach and basil rice.



*Oven-baked chicken
with spicy spinach and
basil rice*

Oven-baked chicken with spicy spinach and basil rice

In a creamy wild mushroom sauce, served with spicy spinach and basil rice



PREPARATION TIME
20 MIN



COOKING TIME
1 HR



SERVES
4

INGREDIENTS

Chilli fish sauce

- 2 tsp fish sauce
- 1 long red chilli, thinly sliced

Garlic and chili paste

- 2 garlic cloves, crushed
- 1 bird's eye chillies (optional)

Stir-fry sauce

- 2 tablespoon oyster sauce
- 2 tablespoon Chinese light soy sauce
- 5ml fish sauce
- 1 teaspoon white sugar

Rice

- 2 tablespoon sunflower oil
- 1 onion, sliced
- 400g spinach, wash and roughly chop
- 3 cups cooked long-grain brown rice (day-old is best)
- ½ cup basil leaves, plus extra leaves to serve
- Lime wedges, to serve



*Parmigiana di
melanzane*

Parmigiana di melanzane

Layered aubergine baked in Napolitana sauce, with basil, mozzarella and Parmesan

INGREDIENTS

- | | |
|-------------------------|-------------------------------------|
| 2 large aubergines | 30g Parmesan cheese |
| 3 cups Napolitana sauce | ½ tablespoon extra-virgin olive oil |
| 1 white onion | 30g flour |
| 30g basil | Pinch of salt and pepper |
| 180g mozzarella cheese | |



PREPARATION TIME
20 MIN



COOKING TIME
40 MIN



SERVES
6

METHOD

- Preheat the oven to 180°C.
- Thinly slice the aubergines, then place them in a colander. Sprinkle them lightly with salt and set them aside for 10 minutes.
- Finely chop 1 onion and sauté in a pan with the olive oil until translucent and soft but not browned. Add the Napolitana sauce and a small bunch of basil, torn by hand. Add a pinch of salt and pepper, stir, then let it simmer gently for 10 to 15 minutes. Set aside.
- Rinse the aubergine slices under cold water, then pat them dry with a kitchen towel or paper towel.
- Lightly dust them with flour, shake off any excess, then fry them in canola oil for a few seconds on each side, until golden. Drain on a kitchen or paper towel.
- Spoon a small amount of Napolitana sauce into the bottom of a baking dish and spread it around; this will stop the aubergines from sticking.
- Next, add one layer of aubergine to the dish, followed by a sprinkling of Parmesan cheese, slices of mozzarella, a sprinkling of pepper and a couple of spoons of Napolitana sauce. Continue with the next two layers until you have one top layer left.
- For the top layer, spoon over the remaining Napolitana sauce and top with Parmesan and mozzarella.

Cover loosely with foil and bake for 20 minutes, remove the foil and bake for another 20 minutes until nice and golden.

- Let it rest for 5 minutes before serving.



*Chickpea and pumpkin
Thai coconut curry with
coriander and lime*

Chickpea and pumpkin Thai coconut curry with coriander and lime

With Thai red curry paste, reduced-fat coconut milk, coriander and lime.



PREPARATION TIME
10 MIN



COOKING TIME
35 MIN



SERVES
4 TO 6

INGREDIENTS

- | | |
|---|-----------------------------------|
| 1 tablespoon canola oil for cooking | ½ teaspoon ground ginger |
| 1 yellow onion, roughly chopped | ½ teaspoon salt |
| 2 garlic cloves, minced (1 teaspoon) | Freshly ground black pepper |
| 1 cup pumpkin, cut into 1cm dice | ¼ teaspoon turmeric |
| 1 cup tomatoes, chopped | ¼ teaspoon cinnamon |
| 1½ cups can chickpeas, drained and rinsed | Pinch of cayenne pepper |
| 1 tablespoon Thai red curry paste | 1 can of reduced-fat coconut milk |
| | 1 cup of water |
| | Garnish |
| | ½ lime |
| | Fresh coriander leaves |

METHOD

- In a large pot heat oil over medium heat.
- Once hot, add the onion. Cook for 3 to 5 minutes, until onion begins to soften. Add the Thai curry paste and garlic and cook for 1 more minute.
- Add the pumpkin and tomatoes; stir to combine. Partially cover the pot and cook for 5 to 8 minutes, until the pumpkin is slightly tender.
- Add the chickpeas, ginger, salt, pepper, turmeric, cinnamon, and cayenne pepper. Stir until fully combined.
- Pour the coconut milk and water into the pot. Mix well.
- Bring it to a boil, then turn the heat down to let it simmer for 15 to 20 minutes, until the pumpkin is tender.
- Serve over brown basmati rice and garnish with fresh coriander and lime.