

Monday Lunch



SERVES 4

## Ostrich and bean wraps

### Ingredients

Non-stick cooking spray  
 1 medium onion, chopped  
 2 tsp garlic paste, crushed  
 1 medium chilli, seeded and chopped (optional)  
 500 g ostrich mince  
 125 ml beef stock  
 1 tsp ground paprika  
 1 pinch of salt and pepper  
 1 tbsp tomato paste  
 ½ can red kidney beans, rinsed and drained  
 ½ can butter beans, rinsed and drained  
 4 soft wholewheat flour tortillas

Coat the pan with non-stick cooking spray, then cook the onion and garlic paste until glossy. Add the chilli and mince and cook until browned. Add the stock, paprika, salt, pepper and tomato paste. Bring to the boil, reduce the heat and simmer for around 30 min. Add a little extra stock if necessary. Stir in the beans and heat through, then adjust the seasoning. Heat the tortillas in a dry pan until lightly browned and blistered. Place the warm tortillas between two damp tea towels to keep them soft. Serve the mince and tortillas with lettuce, tomato, onion, avocado and yoghurt.

Monday Dinner



SERVES 4

## Grilled fish with orange and olive salsa

### Ingredients

4 sustainable fish fillets  
 Olive oil  
 2 tbsp lemon juice  
 1 pinch of salt  
 3 tbsp chives, chopped  
 3 tbsp parsley, chopped  
 80 ml Calamata olives, chopped  
 2 oranges, cut into segments  
 2 tbsp lemon juice

Preheat the oven to 220 °C. Place the fish on a baking tray, drizzle with olive oil and the lemon juice and season. Bake for 10-15 min or until it is cooked to your liking. Toss the rest of the ingredients to make the salsa. Serve the fish topped with the salsa.

Tuesday Breakfast



SERVES 4

## Vegetable röstis

### Ingredients

1 onion, finely chopped  
 1 small brinjal, grated  
 3-4 baby marrows, grated  
 2 tbsp flour  
 1 egg, beaten  
 Salt and milled pepper  
 2 tbsp canola oil  
 4 large eggs  
 ½ cup low-fat plain cottage cheese  
 ½ a cup of basil, torn

Mix the vegetables, flour, 1 beaten egg, salt and pepper. Divide the mixture into 8 rounds and fry each rösti in a non-stick pan until crisp and cooked through. Drain on a paper towel and set aside. Place the rest of the eggs in a saucepan and cover with water. Bring it to the boil over a high heat and boil for 3-4 min. Peel the eggs under cold running water. Mix the cottage cheese and basil. Serve the röstis on a platter topped with half an egg and a spoonful of the cottage cheese and basil mixture.

Tuesday Lunch



SERVES 4

## Tabbouleh salad

### Ingredients

1 tbsp olive oil  
 1 onion, finely chopped  
 1 large carrot, peeled and grated  
 6 baby marrows, sliced  
 3 spring onions, finely chopped  
 1 cup cooked barley  
 1 cup cooked chicken breast, chopped  
 3 tomatoes, chopped  
 2 handfuls of baby spinach  
 ½ cup low-fat plain yoghurt  
 2 tsp harissa paste  
 1 squeeze of lemon  
 3 tbsp mint, chopped  
 Salt and pepper  
 1 handful of parsley

Heat the oil in a saucepan and gently fry the onion and carrots until soft. Add the baby marrows and spring onions and fry for 1 min. Toss the barley, chicken, tomatoes and baby spinach together and add the hot vegetables. Mix the yoghurt, harissa paste, lemon, mint, salt and pepper. Drizzle the dressing over the salad before garnishing with parsley.

Tuesday Dinner



SERVES 4

## Healthy lasagne

### Ingredients

200 g peppers, sliced  
 2 garlic cloves, crushed  
 200 g lean beef mince  
 100 g red lentils  
 2 tsp dried origanum  
 1 can tomato purée  
 1 brinjal, sliced into 1-cm rounds  
 4 tomatoes, sliced into 1-cm rounds  
 2 tsp olive oil  
 1 cup low-fat plain yoghurt  
 ½ cup low-fat cheddar, finely grated  
 Grated nutmeg

Gently cook the peppers in a non-stick pan for about 5 min, then add the garlic and cook for another minute. Add the beef, breaking it up with a fork, and cook until browned. Add the lentils, half of the origanum, tomato purée and a splash of water. Simmer for 15-20 min until the lentils are tender, adding more water if necessary. Meanwhile, heat the grill, arrange the brinjal and tomato slices on a baking tray, and brush with the oil. Sprinkle with the remaining origanum and grill for 5-6 min on each side. Spoon half of the beef mixture into an ovenproof dish, top it with half the sliced brinjal and tomato, then repeat. Spoon the yoghurt over and sprinkle with the cheese, origanum and nutmeg. Grill for 6-10 min until bubbling. Serve with a green salad.

Wednesday Dinner



SERVES 4

## Mushroom and lentil burgers

### Ingredients

1 can (410 g) lentils, drained and rinsed  
 Olive oil  
 1 onion, finely chopped  
 2 garlic cloves, crushed  
 3 small baby marrows, grated  
 125 g mushrooms, finely sliced  
 Zest of 1 lemon  
 Salt and freshly ground pepper  
 2 slices of brown bread, crumbled  
 1 egg

Mash the lentils in a glass bowl, but not too much; it's nice to have some texture. Set aside. Heat a little olive oil and gently cook the onions and garlic for a few minutes or until soft and translucent. Add the baby marrows and mushrooms and fry until all the liquid has reduced. Season with lemon zest and a little salt and pepper. Remove from heat and allow to cool. Add the baby marrow mix, breadcrumbs and egg to the lentils. Mix well. Shape into 4 equally sized patties and place in the fridge for 30 min. Heat olive oil in a pan and fry for about 5 min on each side until browned. Serve on lettuce leaves with roasted sweet potato wedges and guacamole.

Thursday Breakfast

## Ham and egg cups

### Ingredients

- 12 slices of ham
- 2 baby marrows, shaved into ribbons (using a vegetable peeler)
- 12 eggs
- Salt and freshly ground pepper
- 2 spring onions, finely sliced

Preheat the oven to 180 °C. Grease a muffin tray and line each cup with a slice of ham. Place 2 baby marrow ribbons (or a few cherry tomatoes) into each ham cup and crack an egg on top. Season with a little salt and pepper. Top each egg with spring onion and bake for about 15 min or until the eggs are cooked through. Remove from the oven and serve immediately.



SERVES 12

Thursday Lunch

## Spicy chickpea and sweet potato cakes

### Ingredients

- 1 can chickpeas
- 1 kg sweet potatoes, diced, cooked and mashed
- 15 ml biryani spices
- 200 g spring onions, chopped
- Salt
- Flour
- Canola oil
- 1 tub tzatziki

Mix the chickpeas, sweet potato, spices and spring onions. Season and shape the mixture into small patties. Generously dust with flour. Heat a little oil in a pan and fry the cakes until golden on all sides. Drain on a paper towel. Serve with dollops of the tzatziki.



SERVES 4

Thursday Dinner

## Tuna with an orange and ginger salad

### Ingredients

- 2 tbsp coriander, chopped
- 2 tbsp lemongrass, chopped
- 1 chilli, chopped
- Grated peel and juice of 1 lemon
- 2 tsp ground black pepper
- 1 tbsp grated ginger
- 2 garlic cloves, sliced
- 4 tuna steaks, about 200 g each

### Marinade

- 4 tbsp light soya sauce
- 4 tbsp olive oil
- 4 tbsp lime juice

### Salad

- 1 cucumber, peeled and sliced
- 3-cm piece of fresh ginger, cut into matchsticks
- 2 oranges, peeled and segmented
- 1 leek, very finely sliced

### Dressing

- 2 tbsp coriander, chopped
- 2 tbsp piquanté peppers, chopped
- 1 tbsp balsamic vinegar
- 2 tbsp olive oil
- 2 tbsp lime juice
- 1 pinch of sugar
- 1 pinch of salt
- Grated peel of 1 lime

Toss the coriander, lemongrass, chilli, lemon, pepper, ginger and garlic in a mortar and gently bash it with a pestle to release the flavours. Place the tuna in a shallow dish. Mix the marinade ingredients and pour it over the tuna. Marinate at room temperature for 10 min. Toss the salad ingredients on a platter. Whisk the dressing ingredients and drizzle half of it over the salad. Season the tuna and place on an oiled braai grid over very hot coals. Cook for 2 min on each side until golden – but don't cook it through. Remove from the heat and let it rest for 5 min. Top the salad with the tuna and drizzle with the remaining dressing before serving.



SERVES 4

Friday Lunch

## Fishcakes and slaw

### Ingredients

- ½ cup brown lentils
- 3 spring onions, finely chopped
- 2 tsp garlic and ginger paste
- Juice and zest of ½ a lemon
- 300 g smoked snoek, flaked
- 2 tsp curry powder
- Salt and milled pepper
- Flour
- Canola oil

### Slaw

- 600 g beetroot, carrot and butternut, cut into fine strips
- 2-3 oranges, peeled and segmented
- 1 small red onion, finely sliced
- 1 packet (20 g) coriander, stems removed
- Lemon juice to taste
- 2 tbsp canola oil
- 1 tub (175 ml) low-fat plain yoghurt

Cook the lentils in lightly salted water until just tender. Drain well and allow to cool slightly, then mash it. Add the spring onions, garlic and ginger paste, lemon juice and zest, smoked snoek and curry powder. Season. Shape the mixture into fishcakes and dust with flour. Heat the oil and shallow-fry the fishcakes until golden and heated through. Drain them on a paper towel. Toss the slaw ingredients together and dress with lemon juice and oil. Season. Serve the fishcakes with slaw and yoghurt.



SERVES 4

Friday Dinner



## Wholewheat pasta with chicken and ratatouille

### Ingredients

Olive oil  
 1 medium onion, chopped  
 3 garlic cloves, crushed  
 4 chicken breasts, skinless  
 1 can chopped tomatoes  
 ½ red pepper, sliced  
 4 medium baby marrows, thickly sliced  
 1 packet of button mushrooms, quartered  
 1 tsp sugar  
 2 tbsp aged balsamic vinegar  
 2 tsp vegetable or chicken stock powder  
 1 tbsp origanum leaves, chopped  
 1 tsp thyme  
 1 pinch of salt  
 400 g wholewheat pasta, cooked according to the packet instructions  
 1 bunch of rocket

Heat the oil in a medium saucepan. Add the onion and garlic and fry for a few minutes to soften. Slice the chicken breasts and cook it with the onion mix until browned. Add the remaining ingredients and bring to the boil. Reduce the heat, cover and simmer for 20 min. Remove the lid, season and simmer for another 10 min to reduce and thicken. Combine the sauce and cooked pasta, and serve with rocket.

SERVES 4

Saturday Lunch



## Beetroot, naartjie and pumpkin seed salad

### Ingredients

4 tbsp olive oil  
 3 tbsp white balsamic vinegar  
 2 tbsp thyme, chopped  
 1 red chilli, seeded and finely chopped  
 1 pinch of salt and milled pepper  
 5 small beetroots, scrubbed clean and cut into wedges  
 4 naartjies, segmented  
 1½ discs of feta, crumbled  
 1 packet (120 g) baby spinach  
 4 tbsp pumpkin seeds, toasted  
 1 handful onion sprouts

Preheat the oven to 180 °C. Mix the olive oil, vinegar, thyme, chilli and seasoning. Pour it over the beetroots and roast for 30 min or until cooked through and slightly charred. Toss the naartjie, feta, spinach, pumpkin seeds and onion sprouts. Arrange it on a platter, add the roasted beetroot, season and serve.

SERVES 4

Saturday Dinner



## Pork, apple and sage casserole

### Ingredients

Olive oil  
 2 onions, finely diced  
 4 sticks of celery, finely diced  
 5 garlic cloves, roughly chopped  
 2 fresh bay leaves  
 800 g – 1 kg pork shoulder, cubed and trimmed of all fat  
 2 tbsp flour  
 Salt and freshly ground pepper  
 ¼ cup apple cider vinegar  
 ¼ cup unsweetened apple sauce  
 2 tbsp wholegrain mustard  
 White pepper  
 1 tbsp tomato paste  
 4 sprigs of sage, chopped  
 6 sprigs of fresh thyme  
 2 cups chicken stock  
 2 apples, peeled, cored and quartered

Preheat the oven to 170 °C. Heat a little olive oil and cook the onions, celery, garlic and bay leaves over medium heat for 10 min. Stir occasionally. Place the pork cubes in a large bowl and dust with the flour, tossing to coat. Season with a little salt and pepper. Cook the pork in a pan until browned. Stir in the apple cider vinegar, apple sauce, mustard, white pepper, tomato paste, sage and thyme. Cook for 5 min. Add the stock and simmer. Add the chopped apples, cover with a lid and place in the oven. Roast for 45 min or until the pork is tender. Remove from the oven and serve with roasted sweet potatoes and steamed vegetables.

SERVES 4

Sunday Breakfast



## Open vegetarian omelette

### Ingredients

Vegetable oil  
 ½ yellow pepper, thinly sliced  
 1 handful cherry tomatoes, halved  
 1 spring onion, sliced  
 2 handfuls baby spinach  
 Salt and freshly ground pepper  
 5 eggs  
 3 tbsp low-fat milk  
 50 g low-fat feta

Heat a little oil in a large non-stick frying pan and gently cook the pepper slices and cherry tomatoes over moderate heat until blistered and slightly softened. Add the spring onion and spinach, and cook for about 30 sec or until the spinach has wilted. Season and set aside. Crack the eggs into a glass bowl, add the milk and whisk using a fork. Heat a little more oil in the same pan. When hot, add the eggs. Reduce the heat to medium and gently draw a wooden spoon across the eggs so that they cook quickly and evenly. Once the eggs are almost cooked, scatter the tomato mix over the base and crumble a little feta over it. Allow the omelette to cook over very low heat. Once ready, carefully tip it out onto a plate and serve immediately.

SERVES 2

Sunday Lunch



## Chilli con carne

### Ingredients

2 tbsp olive oil  
 1 brown onion, finely chopped  
 2 garlic cloves, crushed  
 2 stalks celery, finely diced  
 2 tsp ground cumin  
 2 tsp smoked paprika  
 ½ tsp Mexican chilli or spice powder  
 400 g extra-lean beef mince  
 1 carrot, peeled and grated  
 1 baby marrow, grated  
 1 red chilli, halved, seeded and thinly sliced lengthways  
 1 green chilli, halved, seeded and thinly sliced lengthways  
 200 g red kidney beans, rinsed and drained  
 400 g canned, chopped tomatoes  
 1 tbsp tomato paste  
 1½ cups water  
 1½ bunches coriander, finely chopped

Heat the oil in a large pan over medium-high heat. Cook the onion, garlic and celery, stirring for 5 min or until softened. Add the cumin, paprika, chilli powder and beef mince and cook for 5-7 min or until the mince has browned. Add the carrots, marrows, chilli and kidney beans and cook for another 4-5 min until the vegetables are tender. Add the chopped tomatoes, tomato paste and water. Bring to the boil, then cook over low heat for 20-25 min or until the mixture slightly thickens. Stir in the coriander before serving.

SERVES 4

Sunday Dinner



## Chicken curry in a hurry

### Ingredients

4 skinless chicken breasts, diced  
 4 tbsp canola oil  
 1 medium onion, roughly chopped  
 3 tbsp curry powder  
 3 tbsp crushed garlic and ginger paste  
 1 can chopped tomatoes  
 ½ chicken stock cube  
 1 cup low-fat plain yoghurt  
 1 pinch of salt and pepper

Season the chicken and cook it in a little oil until browned. Remove and set aside. Fry the onion until soft, then add the curry powder and fry for 1 min. Add the garlic and ginger paste and fry for another minute. Add the chopped tomatoes and stock cube (crumbled). Simmer for about 5 min, then blend with a hand blender until smooth. Stir in the chicken and yoghurt and simmer for about 10-15 min until the chicken is cooked through. Serve with your choice of accompaniments, such as sliced banana, tomato and onion, and fresh coriander.

SERVES 4