

Recipes for Winter food 3 Talk show:

Hearty Beef, Vegetable & Dumpling Meal Soup

Serves: 1

Preparation time: 15 minutes

Cooking time: 10 - 15 minutes

You will need:

1 x 400g Hearty Beef, Vegetable & Dumpling Meal Soup
Tear and Share Pumpkin and Sesame seed Rolls
Handful fresh Italian Parsley
Drizzle Extra Virgin Olive Oil

Here's how:

- Heat soup according to instructions.
- Heat Bread as per instructions.
- Wash and dry Italian Parsley
- Decant soup into a bowl.
- Garnish with a swirl of Extra Virgin Olive Oil and the Italian Parsley

Greek Tomato, Meatball and Orzo Pasta Meal Soup

Serves: 1

Preparation time: 2 min 30 sec – 4 minutes

Cooking time: 2 min 30 sec – 4 minutes

You will need:

1 x 400g Greek Tomato, Meatball and Orzo Pasta Meal Soup
Mini Pita Breads
Lemons
Tzatiki
Humus
Drizzle Extra Virgin Olive Oil

Here's how:

- Heat soup according to instructions.
- Heat Bread as per instructions.
- Decant soup into a bowl.

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- Serve hummus and tzatiki separately in small bowls with warmed mini pita breads.
- Garnish with a swirl of Extra Virgin Olive Oil and the Italian Parsley

Limited Edition Mexican Chilli Con Carne Soup with Tomato Salsa

Serves: 2

Preparation time: 3 min 30 sec – 5 minutes

Cooking time: 3 min 30 sec – 5 minutes

You will need:

1 x 600g Limited Edition Mexican Chilli Con Carne Soup
Tortilla Breads
Plum Tomatoes
Red Onions
Limes
Coriander
Extra Virgin Olive Oil

To make the Salsa:

- Wash and dry Coriander
- Deseed tomatoes and dice.
- Finely dice red onions and mix with diced tomatoes.
- Add squeeze of fresh lime juice and olive oil to onion and tomatoes and mix thoroughly

Here's how:

- Heat soup according to instructions.
- Heat Bread as per instructions.
- Decant soup into a bowl.
- Garnish with a dollop of salsa, a swirl of Extra Virgin Olive Oil and cut the Tortilla bread cut into wedges.
- Serve with charred lime halves

Limited Edition Lamb & Bean Soup 'Boontjiesop'

Serves: 1

Preparation time: 3 min 30 sec – 5 minutes

Cooking time: 3 min 30 sec – 5 minutes

You will need:



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1 x 600g Limited Edition Lamb & Bean Soup 'Boontjiesop'
Tear and Share White rolls

Here's how:

- Heat soup according to instructions.
- Heat Bread as per instructions.
- Decant soup into a bowl.
- Garnish with a swirl of Extra Virgin Olive Oil

Indian Lamb Soup served with Crusty bread

Serves: 8

You will need:

1 De-boned leg of lamb
80ml of tikka masala paste
3 carrots – sliced
2 celery sticks – sliced
2 Onions chopped
1 onion sliced
2 Italian tinned chopped tomatoes
2 tubs Coriander chopped
15 ml Crushed garlic
25 ml Olive oil
4 Courgettes cut into 1cm cube
2 red peppers Cut into 1cm cube
1 Aubergine cut into 1 cm cube
1 tin Brown lentils
Salt and pepper

Here's how:

- Leg of lamb preparation
 - Season leg of lamb with salt and pepper and rub with olive oil.
 - Place pan on high heat and once pan is hot, sear lamb on both sides for about 4 minutes on each side.
 - Remove lamb from heat and place on a deep roasting pan. Sprinkle sliced onions, celery and carrots and then cover meat with hot water and cover roasting pan with foil. Place in the oven at 160 degrees for about 4 hours or until meat is tender and falls of the bone.
 - Take out of the oven and shred meat into small pieces. Strain left over liquid and use as stock.
- Vegetables
 - Sauté courgettes, red peppers and Aubergines separately in olive oil over high heat until cooked.



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- Once cooked, mix and place aside.
- To make soup
- Heat the rest of olive oil and add chopped onions and garlic. Cook until onions are nicely caramelised and then add tikka masala paste. Cook for another 5 minutes and then add tomatoes. Cook for another 5 minutes. Remove from heat and Blend using a blender.
- Return top heat and then add 5 cups of stock and leave to boil.
- Lastly add prepared meat, cooked vegetables, drained lentils and chopped coriander. Season with salt and pepper and serve hot with nice crusty bread.

Asian Chicken Curry with Roasted Vegetables served with basmati Rice

Serves: 4

Preparation time: 20 minutes

Cooking time: 20 minutes

You will need:

Marinade for chicken

6 Chicken Breast cut into thick pieces

50 ml Asian BBQ Sauce

50 ml Hoison sauce

50 ml Sweet Chilli sauce

50 ml Sweet soya sauce

20 ml honey

20 ml Chopped Coriander

10 ml Garlic

30 ml Olive oil

Salt and pepper

Curry sauce

25 ml olive oil

2 Onions chopped

30 ml Green curry paste

30 ml Red curry paste

10 ml Garlic – crushed

2 tinned tomatoes

1 tub Chopped coriander

1 Can coconut Milk

salt and pepper

Extra Coriander for garnish – do not chop

Roasted vegetable

5 Courgettes – sliced at an angle



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2 Red peppers – julienne
2 Yellow peppers – julienne
1 Pack portabellini Mushrooms cut into wedges
olive oil
Cooked basmati Rice

Here's how:

- **Chicken**
 - Mix all the ingredients except chicken. Whisk until well combined. Marinate chicken using this for at least 1 hour.
 - Cook chicken in a pan until fully cooked and place on the side.
- **Roasted Vegetables**
 - Using a pan, Roast Courgettes, peppers and mushrooms separately and season with salt and pepper. Place aside in a bowl.
- **Sauce**
 - Sauté onions and garlic in a pan for about 5 minutes. Add both pastes and cook for another 5 minutes and then add tomatoes. Leave to simmer for about 2 minutes. Add coconut milk and season with salt and pepper. Remove from stove and blend.
 - Return to heat and then add the rest of the prepared ingredients.
 - Serve hot with Basmati rice.

Steak & Stout Square Pie

Serves: 1

Preparation time: n/a

Heating time: 20 min

You will need:

1 Steak & Stout Square Pie

Here's how:

- Heat according to instructions and serve

Ham Hock & Chicken Square Pie

Serves: 1

Preparation time: n/a

Heating time: 20 min

You will need:



WOOLWORTHS

1 Ham Hock & Chicken Square Pie

Here's how:

- Heat according to instructions and serve
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Chunky Lamb and Veg Square Pie

Serves: 1

Preparation time: n/a

Heating time: 20 min

You will need:

1 Chunky Lamb and Veg Square Pie

Here's how:

- Heat according to instructions and serve
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Chicken, Spinach & Cheese Bake

Serves: 4

Preparation time: n/a

Cooking time: 50 - 60 min

You will need:

1 Chicken, Spinach & Cheese Bake

Here's how:

- Heat according to instructions and serve
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Warm carrot, orange & pumpkin seed salad.

Serves: 4

Preparation time: 5 minutes

Cooking time: n/a

You will need:

6 Carrots, peeled and cut into julienne

4 Oranges, peeled and cut into segments between the pith.

Large handful pumpkin seeds



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1 Orange, juiced
Extra Virgin Olive Oil, couple tablespoons
Squeeze of Honey
Pinch of tarragon
Fresh Italian parsley
Watercress

Here's how:

- In a large mixing bowl mix the orange juice, tarragon, honey and olive oil.
- Add the carrot sticks, orange segments, pumpkin seeds, watercress and fresh parsley – mix thoroughly
- Decant into large salad bowl and serve or warm slightly through oven before serving.

Ruby grape fruit marmalade, raisin and Roasted Pear Bread and Butter pudding

Serves: 8

Preparation time: 20 minutes

Cooking time: 10 - 15 minutes

You will need:

3 packs Hot cross buns thickly sliced
Ruby grape fruit marmalade Jam
Butter – soft
6 Pears – peeled and cut into cubes
10 ml honey
125 ml Raisins
1 tub Fresh WW custard
1 egg
350 ml Milk
15 g Sugar
4 Star-anise
15 cloves
Orange zest from 4 oranges
8 Green Cardamom
1 Cup Sugar
1 ½ Cup water
2 Rooibos Bags

Here's how:

- Custard preparation



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- Whisk egg with milk & sugar
- Mix with WW fresh custard until combined
- Pears
- Place 15ml butter in a pan and heat over medium heat. Once hot, add pears and roast until pears are nicely caramelised. Remove from heat and drizzle with honey and then place aside.
- Syrup
- Place all ingredients in a pot and place over medium heat.
- Cook until syrup is thick stirring all the time and making sure that sugar does not stick onto the sides of the pot.
- Remove from heat and strain.

Appel Strudel

Serves: 2 - 3

Preparation time: n/a

Cooking time: 8 minutes

You will need:

1 x Appel Strudel Pudding

Here's how:

- Heat pudding according to instructions.

Caramel rice

Serves: 2 - 3

Preparation time: n/a

Heating time: 2 mins 30 secs

You will need:

1 x Caramel rice pudding

Here's how:

- Heat pudding according to instructions.

Marshmallow Brownie Puddings

Serves: 4



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Preparation time: n/a

Heating time: 15 secs

You will need:

1 x Marshmallow Brownie Puddings

Here's how:

- Heat pudding according to instructions.

