

# WHAT'S FOR DINNER MEAL PLAN

Week 13 2020

(Monday 23rd March to Sunday 29th March)

## RECIPES THIS WEEK



MONDAY 23RD  
Tomato Pilau

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TUESDAY 24TH  
Tomato Pilchard Pasta with Spinach

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WEDNESDAY 25TH  
Spinach with a Cheesy Breadcrumb Topping

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THURSDAY 26TH  
Creamy Chicken Liver and Mushroom Pasta

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FRIDAY 27TH  
Boerewors and Pumpkin Stew

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SATURDAY 28TH  
Potato and Mixed Vegetable Sishebo

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SUNDAY 29TH  
Curried Mince and Bean Pasta



# Tomato Pilau

Monday 23rd March

COOK TIME  
00:35:00

PREP TIME  
00:10:00

SERVES  
4

Put a tasty vegetarian dish on the table in under 45 minutes with our easy pilau recipe, made with rice from the store cupboard plus vitamin-rich leeks and green peppers. Use a KNORR Vegetable Stock Pot for instant depth of flavour!

## INGREDIENTS

1. 2 leeks, trimmed and sliced
2. 10ml Robertsons Garlic Flakes, soaked in 30 ml boiling water and drained
3. 10ml olive oil
4. 5ml Robertsons Cinnamon
5. 5ml Robertsons Coriander
6. 2 green peppers, diced
7. 180g basmati rice
8. 15ml tomato puree
9. 450g tomatoes, peeled and chopped
- 10.1 KNORR Vegetable Stock Pot
- 11.300ml water
- 12.Robertsons Freshly Ground Black Pepper
- 13.watercress, to garnish

## METHOD

1. Sauté the leeks and garlic in olive oil for 3 minutes.
2. Add the spices and fry for a further 2 minutes.
3. Add the peppers and rice and cook for 3 minutes.
4. Mix the tomato puree with 2 tablespoons water and add to the pan.
5. Add the tomatoes, stock pot and water to the pan, and simmer, covered for 25 minutes, stirring occasionally, adding water if needed.
6. To serve season with Robertsons Freshly Ground Black Pepper and garnish with fresh watercress.



# Tomato Pilchard Pasta with Spinach

Tuesday 24th March

COOK TIME  
00:25:00

PREP TIME  
00:15:00

SERVES  
4

If you still have plenty of canned pilchards left from your bulk buy, then add them to pasta for a delicious meal that will feed many hungry tummies.

## INGREDIENTS

1. 200g durum wheat spaghetti
2. 15ml sunflower oil
3. 10ml crushed garlic
4. 1 onion, diced
5. 1 red pepper, diced
6. 2 400g tins pilchards in tomato sauce (or pilchards in hot chilli sauce)
7. ½ bunch spinach, chopped
8. 400ml water
9. 1 sachet KNORR Savoury Mince Dry Cook-in-Sauce

## METHOD

1. Bring a large of salted water (1.2 lt water with 7.5 ml salt) to the boil and cook the spaghetti until al dente (cooked but firm to the bite) then drain and set aside
2. Heat oil in a large pot or deep pan and fry the garlic, onion and red pepper until soft
3. Add the tinned pilchards, water and spinach and stir in the contents of the sachet of KNORR Savoury Mince Dry Cook-in-Sauce
4. Allow to simmer for 15 minutes on a low heat stirring occasionally until the spinach is cooked (be careful not to break up the pilchards too much when stirring)

5. Combine the sauce with the cooked spaghetti and transfer to a serving dish and serve immediately



# Spinach with a Cheesy Breadcrumb Topping

Wednesday 25th March

COOK TIME  
00:00:00

PREP TIME  
00:15:00

SERVES  
6

Delicious creamy fresh spinach topped with a crispy cheesy breadcrumb topping - a winning family dish!

## INGREDIENTS

1. 15ml sunflower oil
2. 1 onion, finely diced
3. 2 bunches spinach, washed and chopped
4. 250ml hot milk
5. 1 sachet KNORR Classic White Sauce
6. Robertsons Nutmeg
7. squeeze of fresh lemon juice
8. Robertsons Freshly Ground Black Pepper
9. 45ml margarine, melted
10. 250ml breadcrumbs
11. 60ml cheddar cheese, grated

## METHOD

1. Preheat oven to 180°C
2. Heat oil in a medium sized pot and sauté the onion until soft
3. Add the spinach and stir well then cover with a lid and allow the spinach to steam for 3 minutes
4. In the meantime prepare the KNORR Classic White Sauce using the hot milk then stir into the spinach together with a sprinkle of nutmeg and a squeeze of fresh lemon juice
5. Season with black pepper then transfer to a casserole dish
6. In a bowl mix together the melted margarine, breadcrumbs and cheddar cheese to combine and then sprinkle over the spinach
7. Bake in the oven for 15 minutes or until golden brown and bubbling
8. BETTER FOR YOU TIPS : For a tastier and healthier option of this dish, use a variety of roasted, crushed seeds such as sunflower, sesame and pumpkin and mix them into the breadcrumb and cheese topping



# Creamy Chicken Liver and Mushroom Pasta

Thursday 26th March

COOK TIME  
00:30:00

PREP TIME  
00:25:00

SERVES  
4

Take the plain out of chicken livers and add them to your pasta. Yes, you read right. Chicken livers are delicious in pasta and a great non-typical meat. So, if you're still wondering what's for dinner, then wonder no more because you've just come across a delicious recipe and you're about to

## INGREDIENTS

1. 200g durum wheat spaghetti
2. 15ml sunflower oil
3. 10ml crushed garlic
4. 1 onion, diced
5. 1 green pepper, diced
6. 2.5ml Robertsons Crushed Chillies, (add extra if desired)
7. 250g button mushrooms, sliced
8. 500g chicken livers , cleaned
9. 500ml milk
- 10.1 KNORR Beef Stroganoff Dry Cook-in-Sauce
- 11.15ml fresh parsley, chopped

## METHOD

1. Bring a large pot of salted water (1.2 lt water with 7.5 ml salt) to the boil and cook the spaghetti until al dente (cooked but still firm to the bite) then drain and set aside
2. Heat oil in a large pot or deep pan and fry the garlic, onion, green pepper until soft
3. Add the chillies and fry for 1 minute to release the flavor and aroma
4. Add the sliced mushrooms and sauté for 5 minutes
5. Add the chicken livers and fry until well browned then stir in the milk and contents of the sachet of KNORR Beef Stroganoff Dry Cook-in-Sauce
6. Allow to simmer on a low heat for 10 minutes stirring occasionally
7. Combine the sauce with the cooked spaghetti, transfer to a serving dish and top with chopped parsley then serve immediately
8. BETTER FOR YOU TIPS : For a more nutritious meal use wholewheat spaghetti, low-fat milk and a nice generous handful of baby spinach leaves stirred in towards the end of your cooking time



# Boerewors and Pumpkin Stew

Friday 27th March

COOK TIME  
00:45:00

PREP TIME  
00:25:00

SERVES  
6

With only nine ingredients, this hearty stew is the perfect dinner for a chilly night. You'll love the tasty gravy, flavoured with a Knorrox Beef Stock Cube. Pumpkin is rich in Vitamins A and C – for extra convenience, buy ready-cut, peeled pumpkin.

## INGREDIENTS

1. 15ml cooking oil
2. 15ml Rajah Medium Curry Powder
3. 5ml Robertsons Barbecue Spice
4. 400g boerewors, sliced
5. 2 tomatoes, chopped
6. 375ml water
7. 2 cups pumpkin, peeled and cubed
8. 1 Knorrox Beef Stock Cube
9. 10ml KNORR Minestrone Soup

## METHOD

1. In a pot, fry the onion in oil until soft.
2. Add the Rajah Medium Curry Powder and Robertsons Barbecue Spice and fry for 1 minute to release the flavour and aroma
3. Stir continuously

4. Add the sliced boerewors and fry until well browned
5. Add the tomatoes and fry for a further 2 minutes
6. Add the pumpkin, water and Knorrox Beef Stock Cube, bring to the boil and then turn down the heat and allow it all to simmer for 20 minutes
7. Just before serving mix the Knorr Minestrone Soup with 4 tablespoons of water to form a smooth paste, add it to the pot and allow it all to simmer for 5 minutes or until thickened
8. Serve with rice or sadza



## Potato and Mixed Vegetable Sishebo

Saturday 28th March

COOK TIME  
00:55:00

PREP TIME  
00:20:00

SERVES  
6

An easy dinner perfect for Meat-Free Mondays. This delicious vegetarian recipe uses convenient frozen mixed vegetables, plus fresh cabbage (a good source of Vitamin C!). Thicken your gravy with KNORR Rich Beef & Tomato Soup, and serve with rice.

### INGREDIENTS

1. 1 onion, chopped
2. 1 tbsp rajah medium curry powder
3. 1 tsp Robertsons Steak & Chops Spice
4. 2 tomatoes, chopped
5. cabbage, cut into thin slices (½ cabbage)
6. 3 potatoes, peeled and chopped
7. 1 cup frozen mixed vegetables
8. 1 Knorrox Chilli Beef Stock Cube
9. 1 cup water
10. 2 tbsp KNORR Rich Beef & Tomato Soup

## METHOD

1. In a pot, brown the onions in oil
2. Add the Rajah Medium Curry Powder, Robertsons Steak & Chop Spice and tomatoes and fry for 2 minutes
3. Add the cabbage and fry for a further 2 minutes
4. Add all the remaining ingredients, stir well and bring to the boil
5. Turn down the heat and let the dish simmer for 30 minutes with the lid on
6. Just before serving, mix the Knorr Rich Beef & Tomato Soup with 4 tablespoons of water to form a smooth paste
7. Add the paste to the pot and allow it to simmer for 5 minutes, or until your sishebo has thickened.
8. Serve with rice



## Curried Mince and Bean Pasta

Sunday 29th March

COOK TIME  
00:25:00

PREP TIME  
00:15:00

SERVES  
4

What rhymes with curried mince and bean? Fifteen! And that's exactly how long it's going to take you to prepare this easy dinner recipe. So get ready to put on your apron and later get a well-deserved and guilt-free massage for your quick but hard earned work. You can thank us later.

### INGREDIENTS

1. 200g durum wheat macaroni
2. 15ml sunflower oil
3. 10ml crushed garlic
4. 1 onion, diced
5. 1 green pepper, diced
6. 500g extra lean beef mince
7. 1 tin red kidney beans, drained
8. 400ml water
9. 1 sachet KNORR Mild Durban Curry Dry Cook-in-Sauce
10. 15ml fresh parsley

## METHOD

1. Bring a large pot of salted water (1.2 lt water with 7.5 ml salt) to the boil and cook the macaroni until al dente (cooked but still firm to the bite) then drain and set aside
2. Heat oil in a large pot or deep pan and fry the garlic, onion and green pepper until soft
3. Add the mince and fry until well browned then stir in beans, water and contents of the sachet of KNORR Mild Durban Curry Dry Cook-in-Sauce
4. Allow to simmer on a low heat for 10 minutes stirring occasionally
5. Combine the sauce with the cooked macaroni, transfer to a serving dish and serve immediately