

WHAT'S FOR DINNER MEAL PLAN

Week 38 2020

(Monday 14th September to Sunday 20th September)

RECIPES THIS WEEK



MONDAY 14TH
Classic Greek salad



TUESDAY 15TH
Easy Cape-Style Bobotie



WEDNESDAY 16TH
Chicken and Rice Casserole



THURSDAY 17TH
Cucumber Salad



FRIDAY 18TH
Tasty Tuna and Chive Fishcakes



SATURDAY 19TH
Creamy Phuthu Pap and Mushroom Bake



SUNDAY 20TH
Creamy Chicken Cacciatore



Classic Greek salad

Monday 14th September

COOK TIME
00:00:00

PREP TIME
00:25:00

Simple to prepare and delicious - a fresh, crisp and colourful Greek salad is the ideal side dish that can be served with meat or fish!

INGREDIENTS

1. 3 large tomatoes, cut into chunks
2. 1 cucumber, deseeded and cut into chunks
3. 100g black olives, pitted
4. 1 red pepper, deseeded and sliced
5. 1 red onion, sliced
6. 200g feta cheese, cubed
7. 5ml Robertsons Origanum
8. 45ml KNORR Light Greek Salad Dressing

METHOD

1. Combine all the ingredients together in a salad bowl
2. Sprinkle with origanum and drizzle the KNORR Light Greek Salad Dressing over
3. Season with freshly cracked black pepper



Easy Cape-Style Bobotie

Tuesday 15th September

COOK TIME
00:45:00

PREP TIME
00:25:00

SERVES
4

What would South Africa be without Bobotie? This easy to make recipe can be served for lunches or dinners.

INGREDIENTS

1. 1 onion, finely chopped
2. 30ml vegetable oil
3. 500g lean beef mince
4. 1 KNORR Spaghetti Bolognese Dry Cook-in-Sauce
5. 400ml water
6. 10ml Rajah Mild & Spicy Curry Powder
7. 2 slices, (wholewheat bread)
8. 350ml low fat milk
9. 2 eggs
10. 5 bay leaves
11. 50g seedless raisins

METHOD

1. Preheat oven to 200°C.
2. Fry the finely chopped onion in oil until tender, then add the Rajah Mild & Spicy Curry Powder and fry for 1 minute.

3. Add the mince and fry until crumbly, then add the KNORR Spaghetti Bolognese Dry Cook-in-Sauce sachet contents and water.
4. Simmer for 10 minutes.
5. Add the raisins.
6. Soak the bread in 250 ml milk, then squeeze the milk out and mash the bread.
7. Keep the excess milk aside.
8. Add the mashed bread to the mince mixture.
9. Spoon the mixture into a greased casserole dish and stand the bay leaves in the mixture randomly.
10. Beat the remaining milk as well as the excess milk from the bread together with the eggs and pour over the mince mixture.
11. Bake for 45 min or until the egg custard is set.



Chicken and Rice Casserole

Wednesday 16th September

COOK TIME
00:55:00

PREP TIME
00:15:00

SERVES
4

This chicken and rice casserole recipe is delicious and comforting. The chicken is cooked to golden-brown perfection in Knorr chicken stock, before adding bay leaves, thyme and peas. Chorizo and chilli bring a great flavour kick to the dish.

INGREDIENTS

1. 2 KNORR Chicken Stock Pot
2. 800ml boiling water
3. 45ml stork margarine
4. 8 chicken pieces, skinless and boneless
5. 1 large onion, chopped
6. 2 chillies, chopped (seeded)
7. 100g chorizo, chopped
8. 3 cloves garlic, chopped
9. 200g long grain rice
10. 2 Robertsons Bay Leaves
11. 2 sprigs thyme
12. 100g frozen peas
13. 30ml parsley, chopped
14. 2 plum tomatoes, diced

METHOD

1. Place the Knorr Chicken Stock pot in boiling water, stir well and set aside.
2. Heat the Stork Margarine in a casserole dish. Add the chicken pieces and cook on medium heat for 6-7 minutes on both sides, until golden brown, remove chicken from the pan and set aside.
3. Using the same pan, add the onions, chillies and chorizo and cook for 4-6 minutes over medium heat, until onions have softened. Add the garlic and cook for a further 2-3 minutes.
4. Add the rice and stir. Add the Robertsons Bay Leaves, thyme and peas. Return the chicken pieces to dish along with the chicken stock, bring the liquid to the boil then reduce to a gentle simmer. Cover with a lid and cook for 30 minutes, until chicken has cooked thoroughly and rice is tender. Leave to rest for 10 minutes before serving.
5. Remove the lid, sprinkle with the chopped parsley and diced tomato and serve.



Cucumber Salad

Thursday 17th September

COOK TIME
00:05:00

PREP TIME
00:15:00

SERVES
4

Cleanse your palate with this light and lively cucumber salad. The cucumber is drizzled with a fresh, tangy dressing made from Knorr Vegetable Stock Pot, creamy feta cheese and pomegranate seeds. A perfect summer salad and a great picnic treat.

INGREDIENTS

1. 1 KNORR Vegetable Stock Pot
2. 15ml fresh dill, chopped
3. 3ml Robertsons Origanum
4. 1 lemon, juiced
5. 3ml Robertsons Freshly Ground Black Pepper
6. 30ml olive oil
7. 5 cucumbers, sliced
8. red onion, finely sliced
9. 50g hazelnuts, toasted and roughly chopped
10. 100g feta, crumbled
11. seeds from 1 pomegranate

METHOD

1. Heat the oil in a small frying pan. Add the oil, Knorr Vegetable Stock Pot and cook on gentle heat for 2-3 minutes until stock has melted.
2. Remove from the heat and add the dill, Robertsons Origanum, lemon juice, Robertsons Black Pepper and olive oil. Place in fridge to cool for 15 minutes.
3. In a large bowl combine together the cucumbers, red onion, hazelnuts and feta
4. Serve and drizzle over the chilled herb dressing, and finish with the pomegranate seeds.



Tasty Tuna and Chive Fishcakes

Friday 18th September

COOK TIME
00:40:00

PREP TIME
00:25:00

SERVES
8

Tuna is such a versatile pantry item – why not use those tins in your cupboard to prepare these tasty fishcakes – great to use as a lunchbox left over too!

INGREDIENTS

1. 500g potatoes, peeled and cubed
2. 4 tins tuna in salt water, drained
3. 1 onion, grated
4. 1 lemon (zest and juice)
5. 1 sachet KNORR Sour Cream and Chives Potato Bake
6. 250ml cake flour
7. 3 eggs, lightly beaten
8. 500ml breadcrumbs
9. sunflower oil (for shallow frying)
10. Hellmann's Original Mayonnaise, to serve

METHOD

1. Steam or boil the cubed potatoes until soft then mash.
2. Combine mashed potato with tuna, onion, lemon zest and juice and the contents of the sachet of KNORR Sour Cream Chives Potato Bake.
3. Season (to taste) with a little freshly ground black pepper then shape into patties.

4. Place the cake flour, eggs and breadcrumbs into separate bowls.
5. Dip a fishcake into flour then shake off the excess then dip in beaten egg then into breadcrumbs to coat.
6. Heat oil in a fry pan and fry the fishcakes in batches until golden brown then allow to drain on paper towel.
7. Serve with a fresh side salad and Hellmann's Original Mayonnaise.
8. BETTER FOR YOU TIPS : For a lighter take on this recipe drizzle the fishcakes with oil and oven bake instead of shallow frying



Creamy Phuthu Pap and Mushroom Bake

Saturday 19th September

COOK TIME
00:45:00

PREP TIME
00:25:00

Why not try something other than your usual potato bake? This dish makes an excellent accompaniment to any braai or can even be served as a main course with a salad!

INGREDIENTS

1. 1 sachet KNORR Creamy Mushroom Sauce
2. 350ml milk
3. 250ml cream
4. 250g brown mushrooms, sliced
5. 250g button mushrooms, sliced
6. 1 clove garlic, crushed
7. 1 leek, washed and chopped
8. 1 onion, finely chopped
9. 30ml margarine
10. 5ml salt
11. 1 litre water
12. 750ml mealie meal
13. 15ml Robertsons Parsley
14. 125ml parmesan cheese, grated

METHOD

1. Preheat oven to 180°C.
2. Place water and salt in a large pot and bring to the boil.
3. When boiling stir in the mielie meal, reduce the heat and allow to cook on a low temperature for about 10 minutes or until done, stirring continuously.
4. Melt margarine in a pan and gently sauté onion, leek and garlic until soft.
5. Add the mushrooms and fry for 10 minutes.
6. Add the cream and milk, stir well and reduce the heat to a simmer .
7. Stir in the contents of the sachet of KNORR Creamy Mushroom Sauce, Robertsons Parsley and Parmesan cheese .
8. Allow to simmer for 10 minutes stirring occasionally.
9. Spoon cooked mealie meal into the base of an oven proof casserole dish and smooth out evenly.
10. Top with the creamy mushroom mixture and bake in a preheated oven for 10 minutes or until golden brown.



Creamy Chicken Cacciatore

Sunday 20th September

COOK TIME
00:50:00

PREP TIME
00:10:00

SERVES
4

This delicious chicken recipe is ideal for a weeknight dinner. For taste-bud tantalising results, serve with rice or roast vegetables.

INGREDIENTS

1. 900g chicken pieces
2. 30ml flour
3. 15ml olive oil
4. 1 red onion, sliced
5. 2 cloves of garlic, chopped
6. 1 sachet KNORR Spaghetti Bolognese Dry Cook-in-Sauce
7. 350ml water
8. 125ml white wine
9. 45ml basil
10. 30ml parsley
11. 100ml black olives, pitted and chopped
12. 100ml cream
13. Robertsons Freshly Ground Black Pepper

METHOD

1. Dust the chicken pieces with flour and fry in batches in oil over medium heat.
2. Fry the red onion and garlic for 5 min and add the KNORR Spaghetti Bolognese Dry Cook-in-Sauce sachet contents, water and wine
3. Bring to the boil while stirring and simmer uncovered for 10 minutes stirring occasionally.
4. Bring to the boil, reduce the heat to a simmer, add the chicken pieces and cook for 20 min.
5. Add basil, parsley and olives to the pot and simmer for a further 10 min.
6. Add the cream and season to taste with Robertsons Black Pepper.