

# Quick and easy recipes

## Mini pitas with falafels, hummus, tzatziki and brinjals

For the falafels, mix together 1 can chick peas, 2 cloves garlic, 1 tsp cumin, 1 tsp salt, 1 tsp Italian parsley and 1 Tbsp flour in a mixer until it is smooth. Heat 500ml sunflower oil in a pan. Drop a teaspoon of mixture in the hot oil and fry until golden brown. Remove from oil with a draining spoon and place on paper towel. Place 5 slices of brinjal in the hot oil until golden brown. Remove with draining spoon, place on paper towel and sprinkle with salt. For the tzatziki cut a quarter of a cucumber into small blocks and then mix with 250ml plain yogurt. Flavour with salt and pepper to taste. Spread ready-made hummus (available from Woolies) in the pita, then place two mini falafels and a few slices brinjal in the pita. Lastly place a teaspoon of tzatziki in the falafel. Makes 12 mini pitas.

## Mini chilli con carne with corn bread

Begin by making the chilli con carne. Fry 1 small red onion and 2 cloves crushed garlic in a pot until the onions are see through. Mix 1 tsp cumin, 1 tsp paprika, 1 tsp smoked salt, 1 tsp finely chopped chilli and 1 Tbsp olive oil and fry for 1 minute. Cook 250g beef mince until brown. Add 100g tomato jam and cook on low heat for 45 min. Stir regularly to make sure it doesn't burn. For the corn bread mix 1 cup polenta,  $\frac{3}{4}$  cup flour, 1  $\frac{1}{2}$  tsp baking powder, 1 Tbsp sugar and  $\frac{1}{4}$  teaspoon salt. In a separate bowl, mix 2 eggs, 1 cup buttermilk, 1 cup canned sweet corn and 6 Tbsp butter. Mix it in with the dry ingredients (the mixture will still have clots). Pour into a greased pan and bake for 30-35 minutes until the top is golden brown or a knife comes out clean. Makes 12 mini chilli con carnes.

## Spicy roasted chicken wings

For the marinade mix together  $\frac{1}{2}$  cup chutney,  $\frac{1}{2}$  cup tomato sauce, 1 teaspoon Worcester sauce, 1 teaspoon tabasco, 1 crushed garlic glove and a pinch of salt and pepper. Place 12 chicken wings in the marinade and let them stand overnight. Place the chicken wings in an oven tray in a pre-heated oven at 220° C. Fry on one side for 15min, turn over and fry for another 15min. Makes 12 chicken wings.

## Salted caramel ice cream Coke float

Half fill a glass with Coke. Place a straw in the glass before putting in the ice cream to make sure it doesn't spill over. Scoop one spoon of salted caramel ice cream (available from Woolies) and place it slowly in the glass and voila!

