



Chicken shish kebab

Serves: 4

Preparation time: 15 minutes

Cooking time: 20 minutes

Ingredients

- 400g Free range chicken mince
- 1 Medium onion, finely chopped
- 1-2 Green chillies, deseeded and chopped
- 5g Ginger, finely chopped
- 4 cloves Garlic, finely chopped
- 2 tbsp Raw unsalted cashew nuts, finely chopped
- 1 tsp Smoked paprika
- 1 tsp Garam masala
- 1 tsp White pepper powder
- 2 tsp Fresh coriander leaves
- 30 ml Lemon juice
- 4 tsp Olive oil
- Salt to taste
- Satay sticks

Method

1. In a bowl, mix the minced chicken, green chillies, onion, ginger, garlic, cashew nuts, smoked paprika, garam masala powder, white pepper powder, fresh coriander, lemon juice and salt.
2. Add the remaining ingredients and mix.
3. Heat a and drizzle some oil on it.
4. Wet your hands, then take a small portion of the chicken mixture and place it around a satay stick.
5. Press firmly and place the shish kebabs on the tawa. Cook, turning from time to time, so that they cook evenly all around.
6. Serve hot



Mini Ostrich Tacos

Serves: 8

Preparation time: 10 minutes, plus marinating time of at least 1 hour

Cooking time: 10 minutes

Ingredients

- 1 whole 640 g ostrich fillet (80 g ostrich per serving)
- 2 limes, juiced
- 1 orange, juiced (no pulp)
- ¼ cup low-sodium soy sauce
- 3 tablespoons extra-virgin olive oil
- 20 g coriander, chopped
- 4 garlic cloves, finely chopped
- 1 teaspoon chilli powder
- 1 teaspoon cumin
- Pinch of salt
- 8 taco shells

Method

1. In a large shallow bowl or casserole dish, combine the marinade ingredients: lime juice, orange juice, soy sauce, olive oil, coriander, garlic, chilli powder, cumin and salt.
2. Place the ostrich fillet into the marinade and turn several times to coat.
3. Cover the bowl with plastic wrap and marinate in the fridge for at least 1 hour and preferably overnight.
4. Once the steak is marinated, preheat the oven to 160 °C.
5. Remove the taco shells from the box and hang them on the grids of the oven rack.
6. Bake for 5 minutes, then remove from the oven and drain on paper towel.



Cajun Trout

Serves: 6

Preparation time: 10 minutes

Cooking time: 10 minutes

Ingredients

- 6 rainbow trout fillets, 100 g each
- 2 tablespoons Cajun spice
- 2 tablespoons extra-virgin olive oil
- Pinch of salt
- 1 small lime, juiced

Method

1. Season the rainbow trout with Cajun spice and salt on both sides.
2. Heat a non-stick pan with the olive oil and place the trout in the pan, skin-side down.
3. Cook for 3 minutes, then turn over and cook for another 3 minutes.
4. Squeeze the lime juice into the pan. Allow the juice to reduce slightly and remove from the heat.
5. Serve immediately, plating on top of the zucchini fritters and alongside the edamame salad.