



COOKSISTER

Waar's 'it lekker? Find out with Farzana Kumandan



ONE POT WONDERS



OLD FAVOURITE: Sausage and baked beans stew

JOLLOF RICE - A SPICY ONE-POT TOMATO RICE DISH FROM WEST AFRICA



By Rhodes Quality Products

Ingredients

- 1 x 400g can Rhodes Quality Tomatoes Chopped & Peeled
- 2 red peppers, seeded and chopped
- 1-2 chillies
- 45ml (3T) sunflower oil
- 1 onion, finely chopped
- 4 cloves garlic, crushed
- 65ml (1 x 115g) Rhodes Quality Tomato Paste
- 750ml (2 1/2 cups) prepared chicken stock
- 10ml (2t) Packo Mild & Spicy Curry Powder
- 5ml (1t) dried thyme
- Salt and freshly cracked black pepper
- 500ml (2 cups) white rice
- 2 bay leaves
- To serve: 30ml (2T) chopped parsley

Method

Place the canned tomatoes, red peppers and chillies into a food processor and blend until smooth. Heat the oil in a large saucepan. Add the onion and fry until soft and translucent. Add the garlic and Rhodes Quality Tomato Paste and fry for two minutes more. Add the tomato-pepper puree and stir. Bring to the boil and then reduce the heat and simmer for ten minutes. Add chicken stock, Packo Mild & Spicy Curry Powder and thyme. Season to taste with the salt and pepper. Simmer for a further 5 minutes. Add rice and bay leaves and stir well. Reduce heat and cover the saucepan with a lid. Simmer, stirring often, until all the liquid is absorbed and the rice is cooked. Add extra water or chicken stock if needed during cooking. Remove the jollof from the heat. Remove the lid and leave to stand for 5 minutes. Fluff the rice with a fork, sprinkle with parsley and serve.

Save time with these delicious and easy recipes

THERE is just something about one pot meals that gets me excited.

It doesn't get easier than this and it definitely tops the list on "Easy Cooking" or "Cooking made Simple".

One pot meals are perfect on those lazy days, when you run late or have limited time in the kitchen.

I call it *gooi-gooi* or *gou-gou kos*. Everything is added and

BY FARZANA KUMANDAN

cooked in one pot, pan or tray, and once you're done cooking, it goes straight on the table.

This one pot has all those flavours mixing and blending into a dish that's next level *lekker*.

This kind of meal has an added bonus - there's less dishes, which means less washing up.

There are also no limits to what goes into your pot.

Add protein, vegetables, rice or starch.

Chicken, tinned fish, veg or even baked beans, anything works and if needed, add some extra flavour with a stock or soup powder as a base.

Winter

This week Rhodes Quality Products Shares their One-Pot Winter Winners with us.

A delicious one-pot roast chicken, *lekker boerewors* spaghetti, West African Jollof

rice, a chicken veg stew, yummy sausage baked bean stew and a breakfast/brunch time one pan meal.

Enjoy these convenient recipes to keep you warm and cosy during the long nights and short days.

For more inspiration, head on over to www.rhodesquality.co.za or on Instagram and Facebook #RootedInGoodness. Stay safe and keep warm.

Love, Your Cooksister

SAUSAGE AND BAKED BEAN STEW

By Rhodes Quality Products

Ingredients

- 15ml (1T) sunflower oil
- 1 onion, finely sliced
- 1 garlic clove, crushed
- 8 frozen sausages
- 1 x 400g can Rhodes Quality Tomatoes Chopped & Peeled

- 5ml (1t) Dijon mustard
- 160ml prepared chicken stock
- 1 x 410g can Rhodes Quality Baked Beans in Tomato Sauce
- Salt and freshly cracked black pepper
- 60g (1 cup) baby spinach leaves, washed
- To serve: mashed potato

or fresh bread

Method

Heat the oil in a large saucepan. Add the onion and fry over low heat until softened. Add the garlic and fry for two minutes more and set aside.

In the same saucepan, brown the sausages on all sides.

Return the onions and garlic to the pan. Add the Rhodes Quality Tomatoes Chopped & Peeled, the mustard and the chicken stock. Bring to the heat and then add the Rhodes

Quality Baked Beans in Tomato Sauce.

Continue simmering the sauce until the sausages are cooked through.

Season well to taste. Stir in the spinach and turn off the heat. Serve over mashed potatoes or with fresh bread.

ONE-POT BOEREWORS SPAGHETTI

Recipe Credit Rhodes Quality Products

Ingredients

- 1 x 400g can Rhodes Quality Tomato Italian 500g boerewors
- 1 onion, chopped
- 2 cloves garlic, crushed
- 330ml prepared chicken stock
- 250ml (1 C) water
- 250g spaghetti

Salt and freshly cracked black pepper
To serve: grated parmesan cheese

Method

Remove the boerewors sausage meat from its casings and break into chunks. Heat a large saucepan, and fry the boerewors meat until it

begins to brown.

Add the onion and the garlic and fry until the onion softens. Drain any excess fat. Add the Rhodes Quality Tomato Italian Style, prepared chicken stock and the water. Bring the sauce to a boil. Add the spaghetti. Cook over medium



heat, stirring regularly to prevent sticking until the pasta is cooked. Season to taste. Before serving, sprinkle with parmesan.

ONE-POT ROAST CHICKEN

By Rhodes Quality Products

Ingredients

- 1 x 400g can Rhodes Quality Chickpeas, drained
- 65ml (1/4 cup) butter
- 45ml (3T) sunflower oil
- 1 whole chicken, cleaned
- Salt and freshly ground black pepper
- 10ml (2t) fresh thyme leaves
- 1 medium onion, chopped
- 4 carrots, chopped
- 2 cloves garlic, chopped
- 200g baby potatoes, peeled
- 250ml (1 cup) prepared chicken stock

Method

Heat the butter and the oil together in a large heavy-bottomed casserole dish.

Season the whole chicken with salt, pepper and thyme and place into the casserole dish.

Brown the skin well on all sides. Remove the chicken from the dish and set it aside.

Add the onions, carrots and garlic to the dish and fry for a few minutes, stirring occasionally until the onions begin to soften.

Add the baby potatoes and stir well to coat. Return the chicken to the casserole dish.

Add the chicken stock and place the lid on the casserole dish.

Place the casserole dish into the oven pre-heated to 170°C and roast slowly for 45 minutes.

Add the Rhodes Qual-



ity Chickpeas to the vegetables and stir well. Replace the lid and continue cooking until the chicken is cooked through and the vegetables are tender.

Your choice: To thicken the sauce, remove one cup of the vegetables together with some sauce and blend to smooth with a hand-held blender.

Return the puree to the remaining sauce in the dish and stir well to mix through.

Carve the chicken and serve.

BREAKFAST MACON AND POTATO HASH

Recipe by Rhodes Quality Products

Ingredients

- 4 potatoes, peeled
- 30 ml (2 Tbsp) olive oil
- 200 g macon or chicken rashers
- 2 spring onions, finely chopped
- 1 x 400 g can Rhodes Quality Tomatoes Chopped & Peeled
- Salt and freshly cracked

- black pepper
- Handful of chopped Parsley
- 4 eggs
- 65 ml (1/4 cup) mozzarella cheese

Method

Dice the potatoes into even sized cubes. Heat the oil in a large

non-stick frying pan. Add the potatoes and cook until tender, golden and crispy. Add the macon or chicken rashers and fry until crispy.

Add the spring onions. Add the Rhodes Quality Tomatoes Chopped & Peeled and bring the

sauce to the boil. Season well to taste and stir in the parsley. Reduce the heat to a simmer. Make four wells in the hash and crack an egg into each well. Sprinkle each egg with a little mozzarella cheese.