



# COOKSISTER

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



# EAT THE RAINBOW

## CRUNCHY GREEN BEAN, CHICKPEA AND BEETROOT SALAD

By Farzana Kumandan @sprinklesandspicect

### Ingredients

- 500g green beans, trimmed and rinsed
- 2 tablespoons butter
- 1 tablespoon garlic and herb spice
- Freshly cooked beetroot
- 1 tin chickpeas drained
- Green olives
- Feta cheese
- ¼ cup walnuts
- ¼ red pepper cubes
- Fresh coriander

### Method

In a dry pan, over a medium heat, toast your walnuts until slightly brown and set aside.

In the same pan stir fry the green beans in the butter, garlic and herb spice for 5 minutes until all the excess liquid has dried out completely.

The beans should be cooked but still crunchy. Sprinkle some olive oil over the chickpeas and beets, coat well and grill or air fry on 200°C for 10-15 minutes (I packed them next to each other).

To assemble, on a large platter or deep bowl, add the green beans and beets, then add the olives, chickpeas and red pepper.

Top with crumbled feta, toasted walnuts and chopped fresh coriander

Season with salt and pepper. For a fresh intense zesty flavour season with olive oil, fresh lemon juice and some freshly grated lemon zest.



HEALTHY CHOICE: Spruce up dishes with lekker veg

## Mix colourful vegetables with meals as the days get warmer

### SPRING has sprung, can you feel the warmer days slowly creeping in?

Things are changing outside and meals seem to be different in the kitchen too.

As the days warm up, we move away from comfort foods and hearty bowls of soup, and we tend to go towards lighter and easier meals.

Warmer days always have me enjoying more fruit, salads and healthier snacks.

Making healthier choices are just as important, for example, swap out your lettuce for nutrient-rich spinach, use extra fresh herbs for flavour instead of salt, and add a dash of lemon juice to add in some fresh citrus flavour.

Following up on last week's Immune Boosters, this week I would like to share some colourful meals, incorporating the Eat the Rainbow concept.

The aim is to choose at least two different fruit and vegetable colours in our daily meals.

Last week we focused on fruit and how to add them in beverages and this week we turn our focus to vegetables.

Red vegetables are nature's powerhouse and they include tomatoes,

BY FARZANA KUMANDAN

red pepper, red onions and beets.

Orange and yellow veg are packed full of nutrients and are rich in Vitamin C; these include superfoods such as pumpkin, squash, sweet potatoes and carrots, sweet corn and orange peppers.

Green veggies are some of the healthiest foods you can eat.

They include leafy greens like kale, lettuce, spinach, broccoli, brussel sprouts, asparagus, zucchini, green beans, celery, cucumbers, peas and avocado.

### System

While white and brown foods are not as bright and colourful, they still contain helpful nutrients and play a key role in supporting the immune system.

These vegetables include cauliflower, garlic, onions, leeks, potatoes, brown lentils and mushrooms.

With the help of these power packed foods, I am sharing some recipes to help you add nutrients to your meals and do your bit to Eat the Rainbow.

Stay healthy, keep safe and much Love, your Cooksister

## TUNA POKE BOWL

By Farzana Kumandan @sprinklesandspicect

### Ingredients

- ½ cup cooked rice
- ¼ cup tinned chickpeas (drained)
- 1 cup shredded carrots
- Some chopped cucumber
- Finely chopped spinach
- ½ tin tuna (drained)
- Spring onion for garnish
- Soya sauce to taste
- Chilli flakes and pepper to taste

### Method

Place your rice in an individual size bowl.

Top with all ingredients and season with pepper, chilli flakes and soya sauce.

Garnish with spring onion.

## VEGGIE PIZZA

Recipe Credit Farzana Kumandan @sprinklesandspicect

### Ingredients

- \*for the base
- 2 cups Self-raising
- 1 cup double cream yoghurt
- Extra flour for sprinkling
- \*for the toppings
- Butternut cubes (steamed)
- Baby spinach
- Beetroot (diced)
- Dash of sweet chilli sauce
- 1 cup mozzarella
- 2 chicken fillets cubes

### Method

For the dough, mix both ingredients together until a soft sticky dough is formed.

Roll out in a floured surface until super thin (add extra flour if needed)

Transfer to a baking tray lined with baking paper

Poke holes in the base with a fork.

Add a dash of sweet chilli sauce

Add the cheese, toppings and bake on 180°C for 15-20 minutes until golden, thin and crispy.



## RED THAI CURRY

By Farzana Kumandan @sprinklesandspicect

- 1 tin coconut cream
- 1 cup water

### Method

Over a high heat, braise the onion in olive oil

Once golden brown add your protein and stir fry until slightly brown.

Add your veg and give a quick stir fry (veg should be crisp not soft).

Add the 2 sachets red curry paste and 1 tin coconut cream, chilli paste and pad thai.

Simmer for 5 minutes and enjoy with a bowl of rice.

- ### Ingredients
- 2 tablespoons olive oil
  - 1 onion
  - 2 chicken or steak fillets cut in strips
  - 1 cauliflower
  - 1 baby cabbage
  - 1 broccoli head
  - 1 cup green beans
  - 1 cup baby corn
  - 1 cup mange tout
  - 1 red pepper
  - 1 red chilli
  - 2 tablespoons roasted red chilli paste
  - 2 tablespoons pad Thai sauce
  - 2 sachets Thai red curry paste

## BEEF KOFTAS

By Farzana Kumandan @sprinklesandspicect

### Ingredients

- 500g beef
- 3 slices bread (soaked)
- 1 egg
- 1 finely chopped onion
- 2 grated cloves garlic
- 1 heaped tablespoon garlic and ginger
- 1 green chilli chopped
- 1 heaped teaspoon cumin
- 1 teaspoon fennel
- 1 teaspoon coriander
- 1 teaspoon turmeric
- Roughly chopped coriander
- Roughly chopped parsley
- Salt to taste

### Method

Mix together all ingredients until well combined.



Take a tablespoon size of the mixture and roll into mini koftas

Place on a tray lined with baking paper or in a foil tray. Bake on 200°C for 15-20 minutes.

## FLAT BREAD

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### Ingredients

- 2½ cups self-raising flour
  - ½ teaspoon Baking Powder
  - 1 cup double cream yogurt
  - 2-3 tablespoons olive oil
  - 1 tablespoons sesame seeds
- Olive oil for brushing on top before drying

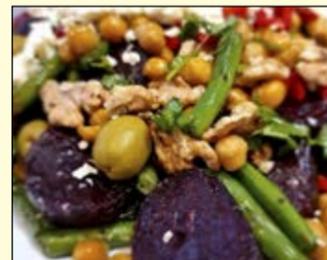
### Method

Mix all ingredients together to make a soft dough.

Rest the dough for ½ hour. Divide into 12 palm size balls.

Roll out and sprinkle over the sesame seeds

Roll the seeds in the flatbread and brush with olive oil. Fry in a dry hot pan until



golden brown, flip and fry the other side.

Top with protein of your choice (see recipe for beef koftas and Shwarma Chicken) and veg like baby spinach, shredded carrots, shredded red cabbage, green onion and herbs.