



COOKSISTER

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



SPICY NACHOS

Recipe Credit Naseema Osman @cookandletcook
Number of servings: 4 Cost per serving: R43 Meal Total: R173

Ingredients

- 250g sweet chilli Doritos
- 400g hot chunky salsa
- 250ml sour cream
- 3 cups cheddar cheese or a mix of cheddar and mozzarella, grated
- 80g lettuce, finely chopped
- 1 small red onion, finely diced
- 200g jalapeño guacamole
- 10g coriander, finely chopped
- 1 jalapeño, finely sliced

Method

Preheat the oven to 200°C with fan. Prepare a large baking or oven proof dish and line with foil (to prevent a big mess). Place all of the Doritos at the bottom of the dish. Make sure to cover the entire bottom. Pour over the salsa, followed by sour cream. Add grated cheese (s) and place in the oven for 7 to 10 minutes or until the cheese has melted. Remove from the oven, then add lettuce, onions, guacamole, coriander and finally jalapeño. Serve immediately and enjoy!



SPICY FAVOURITE: Veg akni

VEGETABLE AKNI

Recipe Credit Naseema Osman @cookandletcook
Number of servings: 4 Cost per serving: R18 Meal Total: R72

Ingredients

- 3 tbsp cooking oil
- 1 large onion, finely sliced
- 1/4 tsp cumin seeds
- 2 medium cinnamon sticks
- 1 cardamom pod
- 1 star anise
- 150 grams tomato, grated or diced
- 1 tsp ground turmeric
- 1 tsp chilli powder
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp ground fennel
- 1 tsp chilli flakes
- 1 t garlic, finely grated
- 1 tsp ginger, finely grated
- 3 medium potatoes cut into quarters
- 1 to 2 cups of water
- 500 grams cauliflower
- 1 cup mixed veg
- 1 cup basmati rice
- 10 grams coriander, finely chopped

Method

Add oil to a medium sized pot. Place on a medium heat. Add onions, 1 cinnamon stick, cumin seeds, cardamom pod and star anise. Sauté until onions are lightly golden brown. Add tomato, ground spices, chilli flakes, ginger, garlic and salt and cook for 3 to 5 minutes or until mixture is thick and pasty. Add potatoes and 1 cup of water and cook till potatoes are about half-way cooked. Add cauliflower, mixed vegetables and another 1/2 cup of water and cook for around 15 minutes or until cauliflower and potatoes are soft. Add more water if the curry gets too thick. Meanwhile, wash and drain rice. Then cook rice with 1 teaspoon salt, 1 cinnamon stick and 2 cups of water. Once rice is cooked, drain rice then add to the curry mixture. Use a large spoon to mix the rice with the curry, then add chopped coriander. Preheat the oven to 180°C. Place pot in the oven and steam for 30 minutes or until most of the moisture has evaporated. Serve with dhai and papadums.

EAT WITHOUT MEAT

Easy vegetarian recipes that are big on flavour!



FOODIE: Cook and Let Cook food blogger & mom Naseema Osman

HIYA Everyone...

Last week we featured vegan foods and this week we are talking all things vegetarian. Just as the vegan diet has different variations, so does the vegetarian diet.

For example, ovo-lacto vegetarian includes dairy and eggs, lacto-vegetarians include dairy but not eggs and ovo-vegetarian include eggs but not dairy.

There's something about vegetarian food that's so yummy!

You can add protein such as pulses and grains and it not only makes a nutritious colourful meal, but tastes delicious too.

Vegetarian eating is practised

BY FARZANA KUMANDAN

by many non-vegetarians, especially with a campaign called "Meatless Monday".

Flavour

This global movement encourages people to replace meat with plant-based meals, aiming to improve their health and conserve our precious environment.

Vegetarian meals can be enjoyed in many ways; roasted, as salads, burgers or even cooked in curries.

And there's so much flavour you won't miss meat at all.

This week we feature foodie

blogger Naseema Osman from Cook and Let Cook.

She shares her food journey and most importantly, addresses the daily challenge of a busy mom who also needs to see to the nutritional needs of her family with a limited budget.

She says: "I decided to approach my own meal planning in a more structured manner and share this with my digital audience.

"Meal planning has made my

life so much easier, and I hope it will ease the burden of other moms out there who live with the daily struggle of what to cook!"

This week Naseema shares her vegetarian recipes with us and for a family of four, the total cost is under R600 for the week.

For more meal inspiration and recipes on a budget, check out her Instagram page @cookandletcook or her website at www.cookandletcook.com.

MUSHROOM AND GREEN PEPPER PASTA

Recipe Credit Naseema Osman @cookandletcook
Number of servings: 4 Cost per serving: R22 Meal Total: R86

Ingredients

- 2 tbsp olive oil
- 1 small onion, finely diced
- 3 garlic cloves, finely chopped
- 1 green chilli, finely sliced
- 250 grams brown mushrooms, thinly sliced
- 1 green pepper/capsicum, thinly sliced
- 200 ml coconut cream
- 2 tsp salt

- 1/2 tsp black pepper
- 1/2 cup parsley, finely chopped
- 250 grams pasta of choice

Method

Bring a large pot of water to a boil and add 1 teaspoon salt. Add pasta and cook for 7 to 10 minutes or until pasta is just about cooked.

Remove 1 cup of the pasta water and drain the rest. Rinse pasta with cold water and set aside.

On a medium heat, place a large wok, pan or pot and add

oil. Add onion and sauté until soft.

Add garlic and chilli and sauté for 30 seconds. Keep a close eye because you don't want to burn your garlic.

Add mushrooms, pepper/capsicum, 1 teaspoon salt and pepper and cook with a closed lid for 10 minutes, frequently stirring.

Add pasta and 1/2 cup of the pasta water and cook for 5 min-



utes.

Add coconut cream and parsley and cook on a low heat for 10 minutes.

Serve hot and garnish with extra parsley.

CREAMY CHICKPEA CURRY

Recipe Credit Naseema Osman @cookandletcook
Number of servings: 4 Cost per serving: R18 Meal Total: R71

Ingredients

- 2 tbsp cooking oil
- 1 medium onion, finely sliced
- 1 tsp ginger, finely grated
- 1 tsp garlic, finely grated
- 1 green chilli, thinly sliced
- 1/2 tsp ground coriander
- 1/2 tsp ground cumin
- 1/2 tsp ground turmeric
- 1/2 tsp chilli powder
- 1/2 tsp brown sugar
- 1 tsp salt
- 100g tomato
- 400g canned chickpeas, drained
- 1/2 to 1 cup of water
- 200ml coconut cream
- 10g coriander, finely chopped

Method

On a medium heat, place your pot and add oil. Add onions and sauté until lightly golden.

Add ginger, garlic, ground spices, tomato, salt and sugar and cook for 3 to 5 minutes or until mixture is thick and pasty.

Add drained chickpeas, 1/2 cup of water and cook for 10 minutes on a low to medium heat (add the other half cup of water if it gets too thick).

Add coconut cream and cook for another 10 minutes. Add chopped coriander and serve hot.

