

COOKSISTER

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



CHICKEN BREAKFAST WRAP

Recipe Credit by Farzana Kumandan @sprinklesandspice

For the Chicken Filling

Ingredients

3 tbsp olive oil
6-8 chicken fillets cut in cubes
1 punnet mushrooms sliced
2 onions sliced
1 green pepper sliced
1 red pepper sliced
1 tsp turmeric
1 tsp fine cumin
1 tsp fine coriander
1 tsp paprika
1 tsp dried garlic flakes

Dash of Lemon juice
Pinch of cinnamon
Freshly ground black pepper
Salt to taste
Chopped spinach
Chopped cabbage

Method

On a stove top on a high heat, heat the pan or wok.

Add in the oil and the chicken and mushroom. Add in the lemon, spices and stir fry



until all the water has dried up and the chicken has cooked.

Add in the pepper strips and onion and stir fry for 3 minutes.

Turn off the heat and allow to cool.

*To assemble Heat a tortilla in a hot dry pan.

Add the chicken filling mixture.

Add your greens and top with sour cream or yoghurt.

FRENCH TOAST CROISSANTS

Recipe Credit by Farzana Kumandan @sprinklesandspice

Ingredients

6 croissants sliced in half
In a deep glass bowl whisk together the following
4 eggs
¼ cup milk
2 tbsp brown sugar
¼ tsp fine cinnamon

Method

Melt some butter in a pan until it sizzles.

Turn off the heat.

Dip your croissants in

your egg mixture

Place your Croissants in your pan top side first.

Turn on your heat to low.

Once it is golden, turn over and fry the bottom side.

Drain on paper towels and sprinkle some brown sugar and cinnamon while it is warm.

*Serve with either sliced fried banana, berries, toasted almonds or a dash of honey or simply enjoy as is.



COFFEE MUFFINS

Recipe Credit by Farzana Kumandan @sprinklesandspice

Ingredients

1 egg
½ cup soft butter
¾ cup sugar
1 tsp vanilla essence
2 cups flour
2 tps baking powder
¾ cup milk
¼ cup cooled boiling water
2 tablespoons coffee
Pinch of salt
¾ cup chocolate vermicelli (or extra if you like)

Method

In a cup mix the coffee with the milk and water. Allow to cool completely.

In a large bowl whisk together the egg, butter, sugar, and vanilla essence until light and creamy. Add the flour, baking powder and salt.

Add the cup of cold coffee and mix until well combined.

Fold in the chocolate vermicelli.

Fill a muffin cup with ¾ full batter and bake in a preheated oven on 180°C for 20 minutes or until a toothpick comes out clean.

Mom's day off

MOTHER'S DAY RECIPES FOR KIDS TO MAKE

HELLO Everyone!

After all the holidays, Eid celebrations and family get-togethers, we have another reason to celebrate a very special day this week.

On Sunday we honour all the moms in our lives for Mother's Day.

Yes, I know some say Mother's Day is every day, but moms look forward to all the spoils.

I have fond memories of whispers happening the week before Mother's Day.

When my kids were little the highlight of their week was making Mother's Day cards at school.

I looked forward to them coming home all excited, trying so hard not to spill the beans, saying, "I have a secret, but I can't tell you, so don't ask, you have to wait until Sunday."

Sunday comes and the hustle and bustle starts early in the morning.

The more I pretend to sleep, the louder the noise comes from

the kitchen.

The highlight for me was the proud smiles on those little faces as they carried in a plate, followed by loads of hugs, kisses, and cuddles.

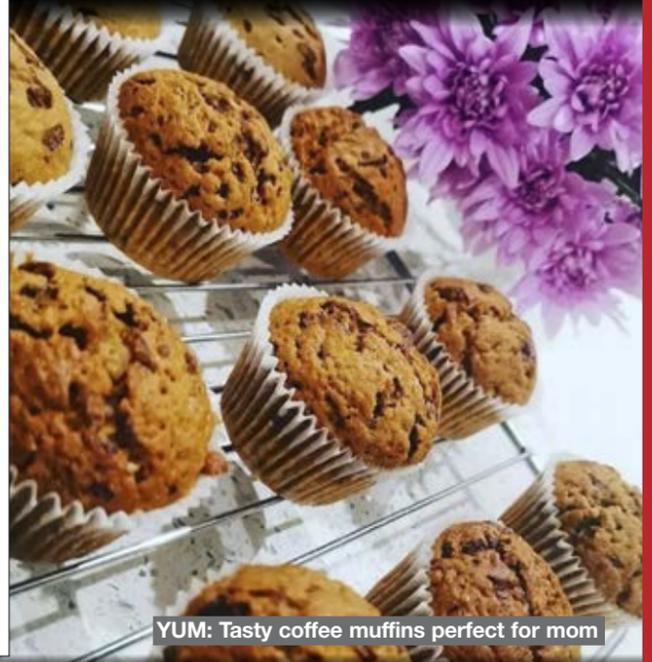
This was followed by plots and plans as they tried to talk themselves out of kitchen duty!

So, whether you are being spoiled or spoiling your mom, aunty, granny or a loved one, here is wishing you a day filled with lots of love and capture all those priceless memories. Happy Mother's Day to all!

This week I am sharing some easy Mother's Day breakfast recipes for the little ones to make (with the supervised help of dad, an adult, or an older sibling).

For more recipes or baking and cooking inspiration, visit my website www.sprinklesandspice.co.za or visit my social media platforms @sprinklesandspice or Sprinkles and Spice by Farzana Kumandan.

Happy Cooking and Baking Love, Your Cooksister.



YUM: Tasty coffee muffins perfect for mom

GRATED EGGS ON TOAST



Recipe Credit by Farzana Kumandan @sprinklesandspice

Ingredients

2 slices whole wheat toasted
2 slices smoked chicken
2 tbsp mayo
Smashed Avo
3 hard-boiled eggs
Spring onion for garnish

Method

Allow the toast to cool. Add on mayo, smoked chicken and smash Avo.

Grate the hard-boiled eggs over the toast. Garnish with spring onion and chilli flakes (optional).



Eggs in a yoghurt sauce (Turkish Style)

Recipe Credit by Farzana Kumandan @sprinklesandspice

Ingredients for the sauce

1 cup double cream yoghurt
1 grated garlic clove
1/2 tsp smoked paprika
1/4 tsp black pepper powder
1/2 tsp salt
1/2 tsp garlic powder
1/2 tsp jeera powder

Method

Mix all ingredients together and bring to room temperature.

*Fry your eggs (with the yolk still a bit runny) Top on a bed of spiced yoghurt.

Ingredients for the butter:

3 tbsp butter
1 tsp smoked paprika
1 tsp dukka spice

1 tbsp crushed chilli

Method

Melt the butter on a high heat, once melted add in the spices and allow to bubble or foam.

Spoon the butter over the eggs and garnish with a sprinkle of sumac and freshly chopped parsley. (See my stories)

Overnight Oats Jar

Recipe Credit by Farzana Kumandan @sprinklesandspice

Ingredients

2 heaped tbsp oats
2 dates pitted and chopped
2 tsp chia seeds
1 tsp cranberries
A pinch of cinnamon
A pinch of cardamom
¾ cup milk

Method

Mix all of the ingredients together and refrigerate overnight in an airtight glass jar.

The next morning, top the oats with your choice of fresh fruit, toasted nuts or homemade muesli (see my previous post for this recipe) and a drizzle of honey.

Smoothie Bowl

Recipe Credit by Farzana Kumandan @sprinklesandspice

Ingredients

1 cup frozen fruit
1 ripe banana
3 tbsp double cream yoghurt
Or 2 tbsp coconut or almond milk for a dairy free option
Muesli of your choice

Method

Blend in a blender until smooth, pour into a bowl and add your extra fruit, muesli, or nuts.

*Frozen fruit works best for this recipe as it adds that extra thick creaminess.

