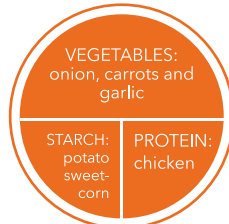


CHICKEN AND CORN SOUP

Heart and Stroke Foundation

2 chicken breasts on the bone
1 tbsp (15 ml) sunflower oil
2 onions (chopped)
2 carrots (chopped)
1 clove of garlic (finely chopped)
1 large potato (peeled & chopped)
1 tsp (5 ml) ground cumin
2 tsp (10 ml) ground coriander
4 cups (1 litre) water
2 tbsp (30 ml) dried mixed herbs
1 cup (250 ml) milk
1 x 410 g tin cream-style sweetcorn
Lemon juice
Black pepper
3 tbsp (45 ml) chopped fresh coriander or parsley



1 Cut chicken breasts in half with kitchen scissors or a sharp knife. **2** Heat oil in a large pot and fry chicken, onions, carrots and garlic for a few minutes. **3** Add potato, cumin, ground coriander, water and dried herbs. **4** Bring to the boil, reduce the heat and simmer for 30 minutes or until the chicken is cooked. **5** Spoon out the chicken. **6** Remove bones and shred the meat. **7** Stir chicken, milk and sweetcorn into the soup and heat through. **8** Season with lemon juice and pepper. **9** Stir in fresh herbs and serve.

*** Remember that the tinned sweetcorn contains salt, so do not add salt at the table.**



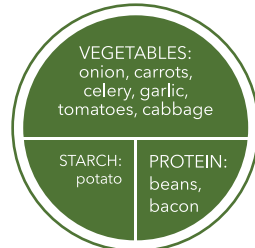
SERVES 6 TO 8

CITY OF CAPE TOWN

WINTER MINESTRONE SOUP

Live-well Challenge

2 tbsp olive oil
1 onion (chopped)
(100 g streaky bacon - optional)
2 large carrots (chopped)
2 celery sticks
1 medium potato
2 cloves of garlic (finely chopped)
400 g can tomatoes (or 4 fresh tomatoes chopped)
1 vegetable stock
1 tsp dried sage
Few cabbage leaves (cut or shredded)
400 g can beans (drained and rinsed or beans soaked overnight)
Handful of parsley (finely chopped)



1 Heat oil in a large pan. **2** Add onion and fry for 5 minutes until the onion is starting to brown. **3** Add carrots, celery and potato, stir well and cook for a few minutes. **4** Add tomatoes, stock and sage and bring to the boil, stirring. Reduce heat to simmer and cook partly covered for 15 minutes. **5** Add the cabbage and continue to cook for 15 minutes. **6** Add the beans and parsley. Season to taste, and serve.



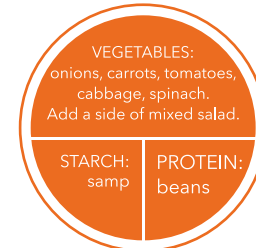
SERVES 6 TO 8

CITY OF CAPE TOWN

SPICY SAMP AND BEANS

Heart and Stroke Foundation

1 cup (250 ml) samp
(soak overnight in enough water)
1 cup (250 ml) dried sugar beans
2 bay leaves
2 tsp (10 ml) sunflower oil
2 onions (chopped)
4 carrots (sliced)
1 tbsp (15 ml) curry powder
3 tomatoes (chopped)
¼ medium cabbage (cut into strips)
4 spinach leaves (cut into strips)
1 tsp (5 ml) salt
Lemon juice and black pepper to taste



1 Drain samp and beans, then place in a large pot with bay leaves and cover with 4 cups of fresh water. Bring to the boil, reduce the heat, cover and simmer for 2 hours or until tender (add more water if necessary). **2** Heat oil in a pot and fry onions, carrots and curry powder. **3** Add tomatoes and simmer for 10 minutes. **4** Drain samp and beans if necessary. Add samp and beans with cabbage, spinach and salt to onions and simmer for another 10 minutes. **5** Season to taste with lemon juice and pepper.



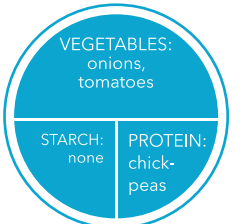
SERVES 8. SERVE WARM

CITY OF CAPE TOWN

CHICKPEA CURRY

Live-well Challenge

500 g of dried chickpeas (soaked overnight in plenty of water)
NB: The chickpeas will absorb the water and almost double in volume
1 soup spoon of coconut oil
1 soup spoon of mild curry powder
2 onions (chopped)
1 tin of chopped tomato, as well as its sauce
Salt
Optional: chopped coriander and a tin of coconut milk
Serve as a meal on its own, or as a side dish to accompany chicken or meat



1 Cook the chickpeas in boiling water until soft to the touch, but firm. Drain the water and put aside. **2** Place a large pot on the stove and add the coconut oil and curry powder. Stir in low heat for 2 minutes. **3** Add the onions and braise until glazed, but not brown. **4** Add the tomato, as well as its sauce. Cook on low heat for about 7 or 8 minutes. **5** Add the chickpeas and cook for another 10 minutes, stirring. **6** Add water if needed. Add enough salt. Optional: add chopped coriander and a tin of coconut milk.



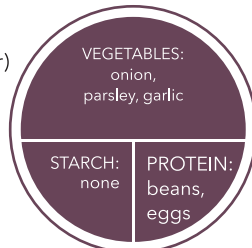
SERVE AS A MEAL ON ITS OWN, OR AS A SIDE DISH TO ACCOMPANY CHICKEN OR MEAT

CITY OF CAPE TOWN

BLACK-EYED BEAN SALAD

Live-well Challenge

500 g of dried black-eyed beans (soaked overnight in plenty of water)
NB: The beans will absorb the water and will more than double in volume.
Half an onion (cut into small pieces)
2 hard-boiled eggs (chopped into small pieces)
Handful of parsley (chopped)
1 clove of garlic (finely chopped)
Salt and pepper to taste
2 soup spoons coconut oil
2 soup spoons of white vinegar



1 Cook the black-eyed beans in boiling water until soft to the touch, but firm. Drain the water and put aside. **2** Mix the cooked beans with the onion, eggs and parsley. **3** Add salt and pepper. **4** Place a small pot on the stove with the coconut oil. **5** Add 1 clove of garlic. Cook until fragrant, without letting the garlic become brown. **6** Add the white vinegar. Remove from the heat and spoon over the salad. Optional: add 2 tins of tuna in brine (water-drained) or pilchards and serve as a meal.



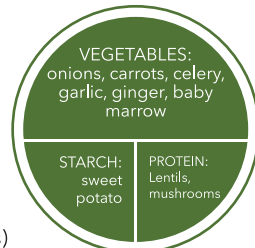
SERVE AS A SIDE DISH TO ACCOMPANY CHICKEN, MEAT OR FISH.

CITY OF CAPE TOWN

LENTIL CURRY

Live-well Challenge

2 onions (chopped)
3 carrots
3 celery sticks
3 cloves of garlic (finely chopped)
1 cm ginger
250 g mushrooms (optional) (chopped)
½ sweet potato (cubed 1 cm pieces)
3 baby marrows (or other vegetable of choice)
1 cup lentils
1 tsp ground cumin
1 tsp ground coriander
½ tsp paprika
¼ tsp turmeric
Chili powder (optional)
Salt and pepper



1 Fry onions with 1 tsp canola oil for 5 to 7 minutes. **2** Add garlic and ginger and fry for 1 to 2 minutes. **3** Add mushrooms and heat through. **4** Add sweet potato, baby marrows, lentils and spices. Mix. **5** Cover with hot water, cook the lentils until it is soft (± 40 minutes).



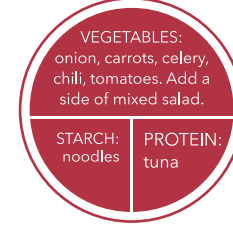
SERVE WITH BROWN RICE

CITY OF CAPE TOWN

TUNA AND TOMATO PASTA

Live-well Challenge

2 tbsp olive oil
1 onion (finely chopped)
2 large carrots
2 celery sticks
1 fresh red chili (optional) (Deseeded and finely chopped)
½ tsp cinnamon
Handful of fresh basil (optional) (Stalks chopped finely - leaves picked and set aside for later)
2 x 400 g can tomatoes (or 8 fresh tomatoes chopped)
2 cans of tuna
Salt and pepper
500 g pasta (e.g. Rigatoni or penne)
½ lemon (optional) (juice and zest)
Small handful of parmesan cheese (optional) (grated)



1 Heat oil in a pan. Add onion, carrots, celery and chili, together with the cinnamon and basil stalks and fry for 5 to 10 minutes, until the onion and carrots have softened. **2** Turn up the heat and add the tomatoes with some salt. Bring to the boil and simmer for about 20 minutes. **3** Add the tuna, and taste for seasoning. **4** Cook pasta in a pot of boiling salted water according to the packet instructions. **5** When the pasta is al-dente, it is done. Toss it into the tomato-tuna sauce, together with the roughly torn basil leaves and lemon juice and zest, and the parmesan. Mix together well. Add a side dish of mixed salad.



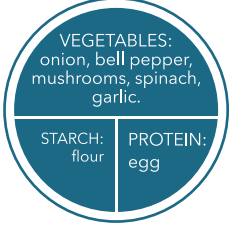
SERVES 4

CITY OF CAPE TOWN

VEGETABLE FRITTATA

Live-well Challenge

6 large eggs
2 tbpn flour (preferably whole wheat)
1 tsp baking powder
Salt and pepper
2 tablespoons olive oil
1 medium onion (chopped)
1 red or green bell pepper (roughly chopped)
1 cup fresh mushrooms (sliced)
1 cup spinach (roughly chopped)
1 clove garlic (finely chopped)
2 tbsp fresh basil leaves (finely chopped)
Handful mozzarella cheese (grated)



1 Preheat the oven to 180 degrees (grill setting on). **2** Whisk eggs together until foamy. **3** Then stir in the whole wheat flour and baking powder. Season with salt and pepper. **4** Fry onion in oil until it starts to get soft. **5** Add pepper and mushrooms and cook for 2-3 minutes. **6** Add spinach, garlic and basil and cook for 1-2 minutes. Stir to avoid burning these. **7** Add the egg mixture into the pan and stir to mix the vegetables with the eggs. Cook at low-medium heat until the egg mixture has set on the bottom and begins to set on top (5-6 minutes). **8** Sprinkle the cheese on top. Place pan into the oven and cook/grill for 3-4 minutes until golden and fluffy. Remove from pan, cut into 6 pieces.



SERVES 6

CITY OF CAPE TOWN