



EPISODE 3 – BUDGET MEALS

CHICKEN, CHILLI AND GINGER STIR-FRY

200g egg noodles
6 chicken breasts
30ml peanut oil or olive oil
10ml sesame oil
6 spring onions
10ml freshly grated ginger
10ml minced garlic
30ml sweet chilli sauce
125ml chicken or vegetable stock (10ml powder)
10ml soya sauce
125ml water
2 heads bok choy or baby spinach
handful of fresh coriander

Boil noodles for 5 minutes until softened, drain and toss with cold water. Set aside.

Slice the chicken breasts into thin strips then season them. Heat both oils and when the wok is smoking, add the chicken. Stir-fry it for 1-2 minutes. Remove and set aside.

Slice the spring onions diagonally. Add them as well as the ginger, garlic and sweet chilli sauce to the wok. Cook for 1 minute. Add the stock powder, soya sauce and a little water (if necessary), returning the chicken to the wok with the noodles and adding the bok choy or spinach. Stir-fry for 2 minutes. Spoon into a serving dish and sprinkle with coriander just before serving.

TIP: Bok Choy is also known as Chinese Cabbage and is available at specialty stores.

Serves 4-6



STEAMED JASMINE RICE

500ml Jasmine or Basmati rice
560ml cold water
pinch of salt to taste

Wash the rice very well (about 3-4 times). Pour the cold water over the rice and add a little salt. Place the pot on a cold stove. Turn on the heat and bring to a boil with the lid on. When the water is boiling, turn the stove down to the lowest setting immediately and time it for 15 minutes. Remove the pot from stove and leave the rice in pot with lid on for 8-10 minutes or until steamed and fluffy.

Serves 5-6



PITA PIZZAS TOPPED WITH CAESAR SALAD

4 pitas cut in half into rounds (or tortillas)
1 bottle store-bought tomato and basil sauce
grated mozzarella
dried oregano
coarse salt and black pepper

Preheat the oven to 180°C.

Place the pita halves on a lined baking tray. Spread with a little tomato sauce. Sprinkle with grated mozzarella, a little dried oregano and salt and pepper.

Bake the pitas on the middle rack of the oven for about 10-15 minutes or until the cheese is melted and bubbling.

Remove from the oven and top with Caesar salad

CAESAR SALAD

1 whole Cos lettuce, broken into pieces

DRESSING

2.5ml minced garlic
250ml grated parmesan
75ml mayonnaise
30ml white wine vinegar
coarse salt and black pepper

Whisk the dressing ingredients together and toss over the lettuce just before serving.

Serves 4



STRAWBERRY YOGHURT ICE CREAM

500g fresh strawberries
250ml thick Greek yoghurt
80ml honey or castor sugar

Chop the strawberries coarsely and then freeze them for about 1½ hours or until frozen.

Remove them from the freezer, and then chop them finely in a food processor. Pulse the yoghurt and honey or castor sugar into the strawberries in the food processor.

Freeze again until ready to use, softening slightly before serving.

TIP: Reserve a few fresh strawberries and a sprig of mint to serve.

Serves 4