**Ingredients:**
- 500g chicken strips
- 2 tbsp oil
- 1 onion, finely chopped
- 1 tbsp garlic and ginger (optional)
- 50g tomato paste
- 1 can or 200g cooked lentils
- 2 cups cooked rice
- 1 pouch Royco® Recipe Base for Breyani

**Method:**
- Heat oil in a pot, fry chicken and chopped onion until lightly browned.
- Add the garlic and ginger (optional).
- Stir in the tomato paste and pouch contents, bring to a simmer.
- Add the cooked lentils and rice, stirring gently.
- Allow to simmer for 10-15 minutes.

**Tip:** Serve with chopped tomato, onion and fresh coriander salad.

---

**Ingredients:**
- 500g chicken strips
- 2 tbsp oil or butter
- 1 onion, finely chopped
- 1 tbsp garlic and ginger paste (optional)
- 50g tomato paste
- 125ml fresh cream/plain yoghurt
- Extra chilli and fresh coriander (optional)
- 1 pouch Royco® Recipe Base for Butter Chicken

**Method:**
- Heat the oil or butter in a pan, lightly brown chopped onion and chicken strips.
- Add the chilli, garlic and ginger paste (optional).
- Stir in the tomato paste and contents of the pouch, bring to a simmer.
- Add the fresh cream or plain yoghurt and allow to simmer for 10-15 minutes.
- Season to taste and serve with basmati rice or naan bread.

**Tip:** Garnish with fresh coriander.
Pasta with Creamy Mushroom Sauce

Ingredients:
• 2 packets Royco® Creamy Mushroom Sauce
• 1 tbsp sunflower oil
• 1 green pepper, sliced
• 250g button mushrooms, sliced
• 400g penne pasta, cooked
• Fresh chives, chopped (optional)

Method:
• Prepare sauce according to packet instruction.
• Heat oil in a pan, fry pepper and mushroom slices until golden then add to the prepared Royco® Creamy Mushroom Sauce.
• Place the cooked pasta in a bowl, add sauce and stir well, season to taste.
• Serve hot and sprinkle with chopped chives.

Mogodu served with Spinach and Steamed Bread

Ingredients:
Mogodu
• 30ml oil
• 500g tripe, cleaned
• Water
• Salt
• 2 bay leaves
• 1 tbsp vinegar
• 1 onion, chopped
• 2 cloves garlic
• 1 tomato, peeled & chopped
• 2 sweet potatoes, cubed
• Green beans
• Royco® Chilli Beef Soup

Steamed bread
• Bread dough
• 1 baby marrow, grated
• 1 cup sweetcorn

Spinach
• Olive oil
• Half an onion, finely chopped
• 1 bunch spinach
• 2 tbsp Royco® Brown Onion Soup

Method:
Mogodu
• In a saucepan add mogodu, water, salt, bay leaves and vinegar and bring to the boil.
• Cook for 3 hours or until tender.
• Fry the onion, garlic and stir into mogodu.
• Add tomatoes, Royco® Chilli Beef Soup, potatoes and cook for 20 minutes.
• Add green beans, check for seasoning and cook for further 10 minutes.
• Garnish with parsley and serve.

Steamed Bread
• Mix the grated baby marrow and sweetcorn into the dough.
• Shape into a ball, place into a greased bowl and steam (or use a muffin tray to make individual bread rolls).

Spinach
• Heat oil in a pan and fry onion until soft.
• Add spinach and cook for 3 minutes.
• Sprinkle Royco® Brown Onion Soup and stir to combine.
• Cook for a further 1 minute.
• Serve with mogodu.
**Minced Beef Hot Pot**

**Ingredients:**
- 1 packet Royco® Hearty Beef Soup
- 15 ml sunflower oil
- 1 large onion chopped
- 500 g minced beef
- 300 ml water
- 1 can baked beans in tomato sauce
- 2 potatoes peeled and sliced
- 20 ml margarine

**Method:**
- Heat oil and sauté onions.
- Add mince and brown well.
- Stir in Royco® Hearty Beef Soup and then add 300 ml water. Stir until thickened and add baked beans.
- Place mixture into a 2 litre casserole dish and top with sliced potatoes.
- Dot with margarine and bake covered at 180°C for 30 minutes.
- Remove cover and bake for a further 30 minutes.

**Tip:** Use chilli beans for a spicy variation.

---

**Lasagne**

**Ingredients:**
- 250 g lasagne sheets or ribbon noodles.
  - Boil in salted water for 20 minutes. Drain.
  (Hint: boil only a few lasagne sheets at a time in order to obtain best results.)
- 500 g minced beef
- 50 g tomato paste
- 1 clove garlic, chopped
- 5 ml oil
- 1 packet Royco® Brown Onion Packet Soup
- 2 packets Royco® Cheddar Cheese Sauce
- 375 ml water

**Method:**
- Fry the beef and garlic in the heated oil until beginning to go brown.
- Stir in the Royco® Brown Onion Packet Soup powder and gradually add the water.
- Add the tomato paste and continue to stir until thickened.
- Prepare 2 packets of Royco® Cheddar Cheese Sauce as per pack instructions.
- In a greased casserole dish, arrange the layers of the lasagne, meat sauce and cheese sauce and repeat until all are used, ending with the lasagne.
- Sprinkle top with parmesan and cheddar cheese and bake at 180°C for approximately 30 minutes.
**Grilled Spicy linefish**

**Ingredients:**
- 2kg fresh, whole linefish
- 1 lemon, sliced
- 3ml salt and pepper
- 1 pouch Royco® Cape Malay Curry Cook-in-Sauce 415g
- 30ml Coriander leaves
- 1 lemon, cut into wedges

**Method:**
- Preheat the oven to 180°C.
- Make 3 slashes on each side of the fish, season and stuff the cavity with lemon slices.
- **To Cook – Oven:** Place fish on a foil covered baking tray, brush liberally with the Royco® Cape Malay Curry Cook-in-Sauce. Bake at 180°C for 30 minutes, basting frequently, then grill for 5 minutes.
- **To Cook – Braai:** Brush the fish liberally, inside and out with the Royco® Cape Malay Curry Cook-in-Sauce. Place in a fish grid and braai over medium coals, basting frequently, for approximately 10 minutes per side.
- Garnish with fresh coriander leaves and serve with extra lemon wedges.

**Tip:** If the dorsal fin of the fish comes out easily when pulled, the fish is cooked. The flesh should also be opaque and come away from the bones easily.

---

**Roasted Garlic and Lemon Lamb Kebabs on Couscous**

**Ingredients:**
- 1 head of garlic
- 1 packet Royco® Garlic Steak Marinade
- Juice and zest of 1 lemon
- 500g lamb, cubed
- 8 wooden skewers, soaked in water for 20 minutes
- 1 1/2 cups couscous
- 1 tbsp chopped fresh mint

**Method:**
- Preheat oven to 200°C.
- Wrap head of garlic in foil and bake in oven for 30 minutes or until soft. Remove from oven, unwrap and cool.
- Prepare the Royco® Garlic Steak Marinade according to pack instructions and add lemon juice and zest.
- Squeeze the soft garlic cloves into marinade mixture.
- Marinate lamb cubes for 20 minutes then thread onto wooden skewers.
- Grill or braai kebabs for 10-15 minutes, basting regularly.
- Prepare couscous according to instructions and stir in the mint.
- Serve with a side salad or Mediterranean vegetables.

**Tip:** Beef cubes or chicken can be used instead of lamb.