

## Tany Lamb Chops – Serves 6

### Ingredients:

- 6 Lamb chops
- 60mg Brown sugar
- 60ml Lemon juice
- 4 Whole garlic cloves, peeled
- 15mg Steak and chops spice
- 5mg Cayenne Pepper
- 5ml Olive Oil
- 2 Red chillies, finely chopped



### Instructions:

1. In a saucepan on low heat, put sugar, lemon juice, garlic, steak and chops spice, cayenne pepper and red chillies, and let it simmer until it becomes thick.
2. Marinate lamb chops with the glaze.
3. Place on braai until ready.

## Pasta Salad – Serves 6

### Ingredients:

- 2 Cups cooked Fusilli pasta
- 1 Cup olives, deseeded
- 1 Cup cherry tomatoes, halved
- 1 Cup robot peppers, diced
- 1 Small red onion, thinly sliced
- ½ Cup mayonnaise
- ½ Cup pesto
- 100ml Balsamic vinegar



### Instructions:

1. Fill a large saucepan with water, put the lid on and bring to the boil over a high heat.
2. Add a good pinch of sea salt.
3. Once the water is boiling, stir in the pasta until ready.
4. In a bowl, combine pasta, olives, tomatoes, peppers and onion.
6. In a small jar, mix mayonnaise, pesto and balsamic vinegar.
7. Drizzle dressing just before serving.

## Cheesy Mashed Potatoes – Serves 6

### Ingredients:

- 6 Large potatoes; peeled and cubed
- 2 Cloves garlic; peeled
- 60g Butter (or high-quality margarine)
- 1 Tea spoon wholegrain mustard
- 3 Tea spoon English mustard
- Handful fresh parsley; finely chopped
- Salt and pepper



### Instructions:

1. Boil potatoes with garlic cloves in salted water until the potatoes are soft.
2. When ready, drain excess water from the pot.
3. Add butter, wholegrain mustard and English mustard.
4. Pour in Stella beer as you mash your potatoes.
5. When soft and creamy, add in fresh parsley and season with salt and pepper to taste.
6. Serve with braai meat

## Pumkin and Beetroot Salad – Serves 6

### Ingredients:

- 350g Pumpkin cubes
- 30ml Olive oil
- 4 Medium beetroots, boiled and cubed
- 500g Rocket leaves
- 2 Red onions, thinly sliced
- Feta cheese, for garnish
- 60g Pumpkin seeds, for garnish
- 30ml Balsamic vinegar
- 30ml Olive oil



### Instructions:

1. Preheat the oven to 180°C.
2. Drizzle the pumpkin cubes with 30ml olive oil and roast in the oven for 8–12 minutes.
3. Remove from the oven and put aside until cool.
4. Wash your beetroots under running water to avoid the beetroot bleeding in your salad.
5. Place the cooked pumpkin, rocket, beetroot and onion in a salad bowl.
6. Mix the olive oil and balsamic vinegar together and drizzle over the salad.
7. Garnish with feta cheese and pumpkin seeds.