



**Home-Cooked Meals**  
*for every night of the week*



**Nothing beats** **iMANA** **taste!**





# Home-Cooked Meals for every night of the week



IMANA products are well known and loved for their superior taste and good value. The wide range ensures that there is a product for every meal occasion from soya, soups and stocks to cook-in-sauces, gravies and sauces.

There is nothing more rewarding than the family coming together around the dinner table to enjoy a tasty home-cooked meal. With this in mind, we have developed 28 delicious dinner recipes for you to try out at home.

Each recipe has been developed using pantry items and fresh vegetables to give you economical yet delicious flavoured home cooked meals for every night of the week. With over 28 recipes to choose from there is something for everyone from casseroles and curries to pasta bakes and good old South African braais.

We wish you many cherished moments of eating together as a family.

**Happy Cooking.**

# Your 28 Day Recipe Planner



## Week 1

**Bean & Lamb Casserole**



1

**Creamy Baked Fish**



2

**Chicken & Veg Bunny Chow**



3

**Spicy Chakalaka Casserole**



4

**Sausages in Batter**



5

**Home-style Hamburgers**



6

**Roast Chicken with Herb Stuffing**



7

## Week 2

**Saucy Tomato Meatballs**



8

**Double Cheese Creamy Tuna**



9

**Delicious Fried Chicken**



10

**Cottage Pie with Butternut Topping**



11

**Easy Week Night Lasagne**



12

**Marinated Braai Medley**



13

**Rich & Spicy Lamb Pie**



14

## Week 3

**Chilli Mince on Pasta**



15

**Spicy Fish Cakes**



16

**Sticky Chicken Casserole**



17

**Mince Hunger Buster Bake**



18

**Summer Chicken & Veg Casserole**



19

**Oriental Sweet & Sour Pork**



20

**Fruity Lamb Stew**



21

## Week 4

**Braised Beef in Beer**



22

**Tasty Rice & Bacon Pot**



23

**Quick Thai Chicken Curry**



24

**Keabs on Mustard Mash**



25

**Hearty Beef Stew & Dumplings**



26

**Peri Peri Chicken Livers**



27

**Pot Roasted Roll of Brisket**



28

# Bean & Lamb Casserole



**Day 1**  
**Serves: 4-6**  
**Preparation time:**  
**15 min**  
**Cooking time:**  
**2 hours**

### Ingredients:

- 1 cup (250ml) sugar beans
- 750g cubed stewing lamb or mutton
- 1 tablespoon (15ml) oil
- 1 onion, chopped
- ½ cup (125ml) bacon, chopped (optional)
- 1 x 410g tin chopped tomatoes
- 1 sachet **IMANA Brown Onion Soup**
- 2 cups (500ml) hot water
- 1 cup raw rice
- 2 ¼ cups hot water
- 1 **IMANA Chicken Super Stock Cube**, crumbled
- 2 tablespoons (30 ml) margarine

### Method:

1. Preheat oven to 180°C.
2. Boil the sugar beans in unsalted water for about 1 hour until soft. Drain and set aside.
3. Brown meat in a pan in heated cooking oil then place in a casserole dish. In the same pan, fry the onion and bacon. Add the prepared sugar beans, chopped tomatoes, **IMANA Brown Onion Soup** and water. Bring to the boil, stirring. Remove from heat.
4. Pour over the meat, cover and bake for 1 ½ hours, stirring occasionally until the meat is tender. You may need to add extra water if the casserole seems dry.
5. Cook the rice in water & drain, stir the **IMANA Chicken Super Stock Cube** and margarine into the hot cooked rice. Serve with the Lamb Casserole.



*This Recipe Uses*



**Day 2**

**Serves: 4-6**

**Preparation time:**  
**15 min**

**Cooking time:**  
**45-60 min**

### Ingredients:

- 4 - 5 potatoes, sliced thinly
- 600g frozen hake
- 1 green pepper, sliced
- 1 onion, finely chopped
- 2 teaspoons (10 ml) fresh parsley
- Salt & Pepper to taste
- 1 sachet IMANA Chicken à la King Cook-in-Sauce
- 1 tablespoon (15ml) corn flour
- 250ml maas or milk
- 1 cup (250ml) grated cheese

### Method:

1. Boil potatoes until almost cooked through.
2. Place fish in the casserole dish and arrange the green pepper and onion on top.
3. Season with parsley, salt and pepper. Layer the potatoes on top.
4. Mix the dry powder of the **IMANA Chicken à la King Cook-in-Sauce**, corn flour and maas or milk together until smooth and spoon over the potatoes.
5. Sprinkle with cheese and bake for 30-40 minutes at 180°C until golden and bubbly.

### TIP:

Sprinkle the cheese with Paprika and fine breadcrumbs for a crispy topping before baking.



*This Recipe Uses*

# Chicken & Veg Bunny Chow



**Day 3**

**Serves: 4**

**Preparation time:**

**20 min**

**Cooking time:**

**45-60 min**

## Ingredients:

- 1kg chicken, bone removed, cut into small pieces
- 4 tablespoons (50ml) oil
- 2 onions, chopped
- ½ cup (125ml) sliced celery
- ½ cup (125ml) green pepper, chopped
- 400ml water
- 1 sachet **IMANA Mild Natal Curry Cook-in-Sauce**
- 1 potato, peeled and cut into pieces
- 1 carrot, peeled and sliced into 1cm rounds
- 1 loaf of unsliced white bread

## Method:

1. In a large saucepan, brown the chicken cubes in the heated oil. Remove from pan and set aside.
2. Using the same pan, fry the onions for 2 - 3 minutes, add celery and green pepper and cook until tender. Return chicken to saucepan.
3. Add the water and stir in the **IMANA Mild Natal Curry Cook-in-Sauce**. Add potatoes and carrots to the saucepan.
4. Cover and simmer for 30 -40 minutes or until chicken and vegetables are tender.
5. Slice loaf into 4 equal pieces. Scoop out the soft bread and fill the cavity with the chicken curry. Serve with the scooped out bread as a topping.

## TIP:

Add a tin of baked beans to this recipe to make it go further.



*This Recipe Uses*



**Day 4**

**Serves: 4**

**Preparation time:**  
**10 min**

**Cooking time:**  
**20 min**

**Ingredients:**

- 2 tablespoons (30ml) oil
- 1 onion, chopped
- 1 tablespoon (15ml) crushed garlic
- 1 green pepper, chopped
- 1 tablespoon (15ml) TOP CLASS Mild Curry Powder
- 200g IMANA Chakalaka Flavoured Super Soya Mince
- 3 cups (750ml) water
- 1 carrot, grated
- 1 cup (250ml) green beans, chopped
- 1 cup (250ml) cabbage (shredded)
- 1 x 410g butter beans in tomato sauce

**Method:**

1. Heat oil in a large pan and fry the onion for 3 minutes, or until lightly browned.
2. Add the garlic, green pepper and TOP CLASS Mild Curry Powder and cook for 2 minutes.
3. Add the IMANA Chakalaka Flavoured Super Soya Mince, water, rest of the vegetables, excluding the tinned Butter Beans, and cook for 10 minutes.
4. Then add the beans and cook for a further 3-4 minutes and allow to heat through.
5. Serve with hot pap.

**TIP:**

The Chakalaka flavour is traditionally one of tomato, onions and beans but you can use a variety of vegetables in this casserole including carrots and cauliflower.



*This Recipe Uses*



**Day 5**

**Serves: 4-6**

**Preparation time:**

**10 min**

**Cooking time:**

**45 min**

## Ingredients:

- 1 egg
- 300ml milk
- 60g cake flour
- 1 IMANA Chicken à la King Cook-in-Sauce
- ¼ cup (60ml) oil
- 600g pork sausages
- 1 sachet IMANA Brown Onion Gravy

## Method:

1. Beat the eggs and milk together, then add the flour and **IMANA Chicken à la King Cook-in-Sauce** and whisk to make a smooth batter and set aside.
2. Place the sausages in a deep ovenproof baking dish. Pour over the oil and bake at 220°C for 20 minutes.
3. Immediately pour the batter over the piping hot sausages and return to the oven for a further 25 minutes.
4. The dish will be ready when the batter has risen around the sausages and it is golden brown.
5. Prepare the **IMANA Brown Onion Gravy** and serve with your delicious sausages in batter.

## TIP:

For a South African twist on this British Toad in the Hole favourite try using boerewors instead of sausages.



*This Recipe Uses*



**Day 6**

**Serves: 6**

**Preparation time:**  
**20 min**

**Cooking time:**  
**10-15 min**

### Ingredients:

- 800g minced beef
- 2 tablespoons (30ml) IMANA SUPER-SHEBA Tomato & Onion Stew Mix
- 1 onion, finely chopped
- 1 green pepper, finely chopped
- 1 chilli, finely chopped (optional)
- 1 egg, lightly beaten

### Pink Sauce

#### Mix together

- ¼ cup (60ml) mayonnaise
- ¼ cup (60ml) tomato sauce
- ½ teaspoon (2.5ml) TOP CLASS Mild Curry Powder

### Method:

1. Combine all ingredients together and shape into beef burger patties.
2. Fry in oil for about 5 minutes on each side or until done.
3. Serve the hamburger patties on bread rolls, with a slice of tomato and lettuce and topped with pink sauce, and a portion of French fries.

### Jazz Them Up:

**Super Duper Cheese Burgers:** Use IMANA SUPER-SHEBA Tomato & Onion Stew Mix. Shape each Burger around a 3cm square piece of Cheddar or Mozzarella Cheese. Serve with IMANA Cheddar Cheese Sauce.

**Tex Mex Egg Burgers:** Fry an egg and place on each Burger. Make a relish by boiling together 1 x 410g tin of Tomato & Onion Mix and 3 tablespoons of IMANA SUPER-SHEBA Chilli Beef Stew Mix. Boil until thick and glossy. Serve over your burger. Garnish with a Chilli.



**This Recipe Uses**



**Day 7**

**Serves: 6**

**Preparation time:**

**30 min**

**Cooking time:**

**1h30 min**

## Ingredients:

- 2 pork sausages, casings removed
- 1 onion, finely chopped
- 3 cups (750 ml) breadcrumbs
- ¼ cup (60ml) fresh parsley, chopped
- 2 tablespoons (30ml) margarine, melted
- 2 eggs, beaten
- 1 packet **IMANA Mushroom Sauce**
- 1 x 1,5 kg whole chicken, cleaned and ready for roasting
- 2 tablespoons (30ml) oil
- 6 - 8 bacon rashers (optional)
- 1 packet **IMANA Roast Chicken Gravy**

## Method:

1. In a bowl combine all the sausage meat, onion, breadcrumbs, parsley, margarine and eggs. Lastly add half the dry contents of the **IMANA Mushroom Sauce**. Mix together until well combined.
2. Place the chicken in a roasting pan and stuff with the prepared stuffing. Tie the legs together with string.
3. Rub the oil over the chicken and then rub the remaining **IMANA Mushroom Sauce** powder over the chicken. Place the bacon rashers over the top of the chicken. Cover with foil or the lid of the roasting pan.
4. Roast at 180°C in the middle of the oven for 1 hour. Remove the foil and continue roasting for 15- 30 minutes. To check if the chicken is cooked, push a knife into the thickest part. If the juices run clear, it's cooked. Allow the chicken to rest for 15 minutes before carving.
5. Prepare the **IMANA Roast Chicken Gravy** as per the instructions on the pack and serve with the meal.
6. Serve with roast potatoes and vegetables.

*This Recipe Uses*





**Day 8**

**Serves: 4-6**

**Preparation time:**  
**30 min**

**Cooking time:**  
**25-30 min**

**Ingredients:**

- 750g minced beef
- 1 egg, beaten
- ½ cup (125ml) oats
- 1 packet **IMANA Brown Onion Gravy**
- 1 tablespoon (15ml) oil

**For the sauce:**

- 2 teaspoons (10ml) oil

- 1 packet **IMANA Tomato Soup**
- 1 teaspoon (5ml) **TOP CLASS Hot Curry Powder**
- ½ green pepper, chopped
- ½ onion, chopped
- 2 teaspoons (10ml) syrup
- 1 teaspoon (5ml) vinegar
- 2 cups (500ml) cold water

**Method:**

1. Combine the mince, egg, oats and dry contents of the **IMANA Brown Onion Gravy**. Mix well.
2. Roll into medium sized meatballs.
3. Fry in heated oil until brown on all sides.
4. For the sauce: Heat the oil and fry **TOP CLASS Hot Curry Powder**, green pepper and onion until onion is soft. Add the syrup, vinegar, **IMANA Tomato Soup** and water. Cover and simmer for 10-15 minutes. Add meatballs and simmer for a further 10 minutes.
5. Serve with rice or phutu.

**TIP:**

Meatballs are a good way to disguise vegetables for children so try it out by grating baby marrows and carrots into the mince beef patty.



*This Recipe Uses*

# Double Cheese Creamy Tuna Bake



## Day 9

Serves: 4-6

Preparation time:  
10 min

Cooking time:  
30 min

### Ingredients:

- 300g pasta of your choice
- 3 tablespoons (45 ml) margarine
- 1 onion, roughly chopped
- 1 green pepper, chopped
- ¼ cup (65ml) margarine
- 2 tablespoons (30ml) flour
- 1 ½ cups (375ml) milk
- 1 IMANA Garlic & Herb Super Stock Cube
- 2 x (170g) cans tuna
- 1 cup (250ml) frozen peas
- 1 IMANA Cheddar Cheese Sauce
- 250ml boiling water
- ½ cup (125ml) grated cheese

### Method:

1. Cook pasta in rapidly boiling water until tender, drain but keep warm.
2. Melt margarine in a saucepan. Fry onion and green pepper until soft. Add flour and mix until well combined.
3. Remove from heat and slowly add the milk and IMANA Garlic & Herb Super Stock Cube, mixing all the time.
4. Return to the heat and allow to cook slowly, stirring occasionally, to ensure that no lumps form.
5. Add tuna and frozen peas, salt and pepper. Stir until heated through.
6. Mix the tuna sauce and pasta together then place in an ovenproof dish.
7. Prepare the IMANA Cheddar Cheese Sauce by adding 250ml of boiling water to the dry sauce. Stir until thick and smooth.
8. Pour over the Tuna bake and top with grated cheese and bake for 5 - 10 minutes at 180°C until cheese has melted and the bake has heated through.

*This Recipe Uses*





**Day 10**  
**Serves: 6-8**  
**Preparation time:**  
**25 min**  
**Cooking time:**  
**30 min**

**Ingredients:**

- 1 x 2kg bag frozen chicken pieces
- 1 IMANA Chicken Super Stock Cube
- 1 sachet IMANA Cream of Chicken Soup
- 1 cup (250ml) flour
- ¼ teaspoon (2ml) ground black pepper
- 2 teaspoons (10ml) baking powder
- 1 cup (250ml) milk
- 100ml water
- 1 egg, beaten
- Extra flour for coating chicken
- Oil, for deep frying.

**Method:**

1. Thaw the chicken at room temperature. Place in a large pot and cover with water. Add the **IMANA Chicken Super Stock Cube**.
2. Bring to the boil and simmer for about 20 -25 minutes to par cook the chicken. Remove from water and allow to cool.
3. Combine the dry **IMANA Cream of Chicken Soup** powder, flour, pepper and baking powder in a bowl. Add the milk, water and egg gradually to form the batter.
4. Coat the chicken in flour then dip in the batter.
5. In a deep fat fryer or a large saucepan, heat the oil.
6. Add chicken 2 – 3 pieces at a time and fry for about 20 minutes until cooked through. Drain on paper towel.

**TIP:**

Serve hot with steamed bread or pack it into your picnic basket and serve cold with mayonnaise for dipping.



*This Recipe Uses*



**Day 11**

**Serves: 6-8**

**Preparation time:**

**10 min**

**Cooking time:**

**25 min**

### **Ingredients:**

- 2 tablespoons (30ml) oil
- 1 onion, chopped
- 400g IMANA Beef & Onion Flavoured Super Soya Mince
- 1,5 litres water
- 2 teaspoons (10ml) TOP CLASS Mild Curry Powder
- 1 IMANA Chicken Super Stock Cube, crumbled
- 2 cups (500ml) frozen mixed vegetables
- 4 large potatoes, peeled and chopped
- 500g butternut, peeled and chopped
- 50ml milk

### **Method:**

1. Mix 400g IMANA Beef & Onion Flavoured Super Soya Mince with 1,5 litres of cold water.
2. In a pan heat 2 tablespoons cooking oil (30ml), and fry onions for 3 minutes, or until lightly brown.
3. Add 2 Teaspoons (10ml) TOP CLASS Mild Curry Powder and stir.
4. Add the mixture of IMANA Beef & Onion Flavoured Super Soya Mince and stir.
5. Add frozen vegetables, stir and let it cook through for 5 minutes.
6. Pour the mixture in an oven proof dish and set aside while you make the topping.
7. Boil Butternut and potatoes together until soft then drain.
8. Mash together hot potatoes and butternut with IMANA Chicken Super Stock Cube and milk until light and fluffy.
9. Spread the mashed topping over the mince mixture.
10. Bake in a 180°C oven for 20 minutes, or until golden brown.

### **TIP:**

For a cheesy topping sprinkle half a cup of grated cheese on top of the butternut and potato mash before cooking





**Day 12**  
**Serves: 4-6**  
**Preparation time:**  
**15 min**  
**Cooking time:**  
**45 min**

**Ingredients:**

- 2 tablespoons (30ml) oil
- 1 large onion, chopped
- 500g minced meat
- 1 sachet **IMANA Spaghetti Bolognaise Cook-in-Sauce**
- 400ml water
- 1 tin (110g) tomato paste
- 2 packets **IMANA Cheddar Cheese Sauce**
- 500ml boiling water
- 250g instant lasagna sheets
- Grated cheese to sprinkle

**Method:**

1. Heat the oil and fry onion.
2. Add the minced meat, sachet **IMANA Spaghetti Bolognaise Cook-in-Sauce**, 400ml water and tomato paste. Stir well and cook slowly until meat is just cooked (about 15 min).
3. Prepare the cheese sauce by placing the contents of the 2 sachets of sauce in a jug. Add 500 ml boiling water and mix with a fork until the sauce is smooth and thickened.
4. Arrange the meat, pasta and **IMANA Cheddar Cheese Sauce** in alternate layers in a greased baking dish. Repeat the layers until all the ingredients are used up, ending with a layer of cheese sauce.
5. Sprinkle a little cheese on top. Allow to stand for at least half an hour before baking for 20 – 30 minutes at 180°C.
6. Serve with a fresh garden salad.

**TIP:**

Lasagna sheets can be relatively expensive. Substitute in this recipe with layers of cooked macaroni instead. You will need approximately 3 cups (750 ml) cooked macaroni.

*This Recipe Uses*





**Day 13**  
**Serves: 6-10**  
**Preparation time:**  
**1h15 min**  
**Cooking time:**  
**30 min**

### Ingredients:

- 1 packet IMANA Black Pepper Sauce
- 250ml boiling water
- 1 IMANA Green Pepper & Onion Super Stock Cube
- 1 cup (250ml) soft brown sugar
- ½ cup (125ml) tomato sauce
- ¾ cup (180ml) smooth apricot jam
- ¾ cup (180ml) brown vinegar
- 3 tablespoons (45ml) prepared mustard
- 1 tablespoon (15ml) dried herbs
- 6 chuck or T- bone steaks
- 6 - 12 chops (depending on size)
- 1 large packet boerewors (1kg)

### Method:

1. Place the contents of the IMANA Black Pepper Sauce sachet into a large jug. Add the boiling water and IMANA Green Pepper & Onion Super Stock Cube. Mix well with a fork until well combined.
2. Add the sugar, tomato sauce, apricot jam, vinegar, mustard and herbs in a bowl.. Stir until the sugar has dissolved.
3. Place the meat in this marinade for about an hour before braaing.
4. Braai over hot coals or place under the grill, while continually basting with the sauce until cooked through and sticky.
5. Heat any leftover sauce in the microwave or on the stove and simmer for about 5 minutes. Brush over the braaied meat and serve with pap and bread.

### TIP:

For something different, brush the leftover marinade on mealies and then braai over hot coals basting regularly.

*This Recipe Uses*





**Day 14**  
**Serves: 4-6**  
**Preparation time:**  
**15 min**  
**Cooking time:**  
**1h30 min**

**Ingredients:**

- 800g boneless stewing lamb cut into cubes
- 1 tablespoon (15ml) TOP CLASS Mild Curry Powder
- 2 tablespoons (30ml) oil
- 2 onions, sliced
- 1 teaspoon (5 ml) black pepper
- 1 x 410g tin tomatoes
- 1 sachet IMANA Mild Natal Curry Cook-in-Sauce
- 300ml water
- 3 large potatoes, diced

**Pastry:**

- 1 roll of ready rolled puff pastry
- 1 egg, lightly beaten

**Method:**

1. Roll meat in the TOP CLASS Mild Curry Powder. In a heavy based saucepan, add the oil and fry meat in batches until browned adding a little extra oil if necessary. Remove the meat and set aside.
2. In the same pan fry the onions then add the browned meat, black pepper, tomatoes.
3. Add the water and then stir in the sachet contents of IMANA Mild Natal Curry Cook-in-Sauce and bring to the boil while stirring.
4. Reduce heat and simmer covered for about 1 hour then add the potatoes and cook for a further 10 -15 minutes until potatoes are soft and mixture has thickened slightly.
5. Allow to cool then spoon filling into a deep pie dish. Lightly roll out the puff pastry and lift it over the pie dish and trim the edges. Brush the pastry with egg and decorate with left over pieces of pastry.
6. Bake at 200°C for 15 minutes or until pastry has browned and is light and crispy.
7. Sprinkle with paprika and serve with a fresh salad of garden greens.



*This Recipe Uses*

# Chilli Mince on Pasta



**Day 15**  
**Serves: 6**  
**Preparation time:**  
**10 min**  
**Cooking time:**  
**25 min**

### Ingredients:

- 500g beef mince
- 1 tablespoon (15ml) oil
- 1 medium onion, chopped
- 1 green pepper, chopped
- 1-2 crushed chillies
- 100g tomato paste
- 1 sachet IMANA Spaghetti Bolognese Cook-in-Sauce
- 400ml water
- 1 IMANA Chilli Beef Super Stock Cube
- 1 can red kidney beans, drained and rinsed
- Pasta to serve

### Method:

1. Lightly fry beef mince in hot oil in a large saucepan and add chopped onion, green pepper and crushed chillies. Keep on low heat. When the onion starts to soften up a little, stir in the tomato paste.
2. Add the contents of the **IMANA Spaghetti Bolognese Cook-in-Sauce**, 400ml water and **IMANA Chilli Beef Super Stock Cube**
3. Simmer for 8 - 10 minutes, and then add the kidney beans. Cover saucepan and leave for 10 minutes, stirring occasionally.
4. Serve over pasta of your choice.

### TIP:

If you prefer a curry flavour then replace the cook-in-sauce with IMANA Mild Natal Curry Cook-in-Sauce.

*This Recipe Uses*





**Day 16**

**Serves: 6**

**Preparation time:**

**15 min**

**Cooking time:**

**20 min**

### Ingredients:

- 2 cups (500ml) cooked fish, flaked
- 1 ½ cups (375ml) cold mashed potato
- ½ cup (125ml) fresh bread crumbs
- 1 small onion, chopped
- 1 small red chilli, deseeded and finely chopped
- 1 egg, beaten
- 1 sachet **IMANA White Sauce**
- 1 teaspoon (5ml) **TOP CLASS Mild Curry Powder**
- ½ cup (125ml) flour
- ¼ cup (60ml) fresh breadcrumbs, extra
- 125ml (½ cup) oil
- 1 sachet **IMANA Cheddar Cheese Sauce**
- 1 tablespoon (15ml) chopped parsley

### Method:

1. Add the fish, potato, bread crumbs, onion, chilli, egg, **IMANA White Sauce** and **TOP CLASS Mild Curry Powder** to a mixing bowl and stir well to combine.
2. Place the flour and extra bread crumbs in a separate bowl or plate.
3. Shape mixture into small round patties and then coat with flour and crumb mixture.
4. Heat oil in a frying pan over medium heat and fry the fish rounds, moving them around the pan until golden brown on all sides.
5. Make up the **IMANA Cheddar Cheese Sauce** using 250ml boiling water. Stir with a fork until sauce thickens. Add the chopped parsley and stir.
6. Serve the fish cakes with the cheese sauce and a fresh healthy side salad.

### TIP:

Give your fish cakes a Thai twist by adding 1 teaspoon of grated fresh ginger and 2 tablespoons of desiccated coconut to the fish mix. You can also replace the chopped parsley with fresh chopped coriander.

*This Recipe Uses*



# Sticky Chicken Casserole



**Day 17**  
**Serves: 6**  
**Preparation time:**  
**15 min**  
**Cooking time:**  
**1h30 min**

## Ingredients:

- ½ cup (125ml) flour
- 2 tablespoons (30ml) **IMANA NO.1 SOUP Chicken Flavoured**
- 1.5 kg chicken portions
- Oil to fry
- 2 onions, sliced
- 1 green pepper, seeded and sliced
- 2 **IMANA GOURMET Country Chicken Stock Cubes**
- 2 cups (500ml) boiling water
- ¼ cup (60ml) hotdog sweet mustard sauce
- ¼ cup (60ml) chutney
- 3 tablespoons (45ml) brown sugar
- 2 tablespoons (30ml) **IMANA SUPER-SHEBA Chicken Barbecue Stew Mix**

## Method:

1. Mix flour and **IMANA NO.1 SOUP Chicken Flavoured** together. Roll chicken portions in it until completely coated.
2. Fry chicken in oil until golden. Place the portions in an ovenproof dish that has a lid.
3. In the same pan, pour out excess oil, then fry the onions and green pepper until soft. Add the **IMANA GOURMET Country Chicken Stock Cubes**, dissolved in boiling water. Mix together mustard sauce, chutney, sugar and **IMANA SUPER-SHEBA Chicken Barbecue Stew Mix** and stir into the stock.
4. Spoon sauce over the chicken pieces. Cover with a lid or foil and bake for 1 – 1 ½ hours at 160°C. Serve hot with generous helpings of rice.



**This Recipe Uses**



**Day 18**

**Serves: 4-6**

**Preparation time:**

**15 min**

**Cooking time:**

**30 min**

**Ingredients:**

- 1 x 200g packet IMANA Oxtail Flavoured Super Soya Mince
- 500ml water
- ½ cup (125ml) grated cheese
- 2 cups (500ml) cake flour
- 1 tablespoon (15 ml) IMANA Cream of Chicken Soup
- 4 teaspoons (20ml) baking powder
- ¼ cup (60ml) brick margarine
- 1 egg, beaten
- 100ml milk

**Method:**

1. Place the **IMANA Oxtail Flavoured Super Soya Mince** and 500ml of water in a saucepan. Bring to the boil, stirring and then lower heat and cook for 5 minutes or until thickened. Cool completely and add cheese.
2. Sift the flour, **IMANA Cream of Chicken Soup** and baking powder together and rub in the margarine, until the mixture resembles fine breadcrumbs.
3. Beat the egg and milk together and cut into the flour mixture to form a soft dough.
4. Roll the dough on a floured board into a rectangular shape about 1 cm thick and spread the soya over the dough then roll up like a Swiss roll. Brush with beaten egg then cut into slices and arrange these lying down in a greased baking dish.
5. Bake at 220°C for 15 - 20 minutes or until golden brown.

**TIP:**

For extra flavour prepare an **IMANA Roast Meat Gravy** by adding 250 ml boiling water to the dry contents of the sachet in a measuring jug. Stir until smooth and thick and pour over.



*This Recipe Uses*



**Day 19**

**Serves: 6**

**Preparation time:**

**15 min**

**Cooking time:**

**60 min**

## Ingredients:

- 1, 5kg of chicken pieces
- 1 ½ tablespoons (25ml) margarine, softened
- 6 slices Streaky bacon (optional)
- 2 onions, quartered
- 2 large carrots, peeled and cut into chunks
- 1 celery stalk, sliced
- 2 leeks, sliced
- 3 potatoes, peeled and quartered
- 1 sachet **IMANA Mild Natal Curry Cook-in-Sauce**
- 400ml water

## Method:

1. Place chicken pieces in a large casserole dish, rub the margarine into the chicken and cover with the slices of bacon.
2. Place the vegetables around the chicken.
3. Mix the contents of the **IMANA Mild Natal Curry Cook-in-Sauce** with 400ml water and pour over the top.
4. Cover the chicken with a lid or foil and cook at 180°C for about 1 hour, or until cooked.

## TIP:

Serve with butter flavoured rice by adding 1 Tbsp of butter and 1 lemon slice to every 2 cups of rice. The butter melts in the boiling water and coats the rice.



**This Recipe Uses**



**Day 20**  
**Serves: 4-6**  
**Preparation time:**  
**15 min**  
**Cooking time:**  
**30 min**

**Ingredients:**

- 1 small onion, finely chopped
- 1 leek
- 2 apples, cored
- 1 green pepper
- 750g pork, cubed
- 1 tablespoon (15ml) flour
- 1 tablespoon (15ml) **IMANA NO.1 SOUP Chicken Flavoured**
- Oil to fry
- 1 x 410g can pineapple pieces (retain juice for sauce)

**For the sauce:**

- 3 tablespoon (45ml) **IMANA SUPER-SHEBA Tomato & Onion Stew Mix**
- 1 tablespoon (15ml) **IMANA NO.1 SOUP Chicken Flavoured**
- 1 tablespoon (15ml) soy sauce
- 3 tablespoons (45ml) vinegar
- 2 tablespoons (30ml) sugar or honey
- ¼ cup (65ml) pineapple juice

**Method:**

1. Slice onion, leek, apples and green pepper.
2. Mix the flour and 1 tablespoon of **IMANA NO.1 SOUP Chicken Flavoured**. Toss the pork cubes in the flour and soup powder and coat well.
3. Heat oil and fry pork until lightly browned on all sides. Lower heat and add apples, pineapple pieces, onion, leek and green pepper. Continue cooking over a low heat for about 10 minutes.
4. For the sauce, mix ingredients together. Add to pan and stir until mixture thickens.
5. Serve pork on fluffy white rice.



*This Recipe Uses*



**Day 21**

**Serves: 6**

**Preparation time:**

**10 min**

**Cooking time:**

**1h30 min**

## Ingredients:

- 1 kg stewing lamb
- 1 teaspoon (5ml) garlic and ginger paste
- 2 tablespoons (30ml) sunflower oil
- 1 onion, finely chopped
- 1 packet **IMANA Brown Onion Soup** mixed with 350ml cold water
- 1 **IMANA GOURMET Karoo Lamb Stock Cube**
- 1 x 400g tin of whole tomatoes
- 1 tablespoon (15ml) honey or syrup
- ½ cup (125ml) dry red wine
- ½ cup (125ml) chopped tomatoes
- 1 x 410g peaches, drained reserve syrup

## Method:

1. Rub the meat with the garlic and ginger paste. Heat the oil in a heavy based saucepan and brown the meat to seal it. Remove and set aside. Sauté the onions in the same pan until soft.
2. Add the **IMANA GOURMET Karoo Lamb Stock Cube**, the **IMANA Brown Onion Soup** with the water and the reserved syrup from the peaches. Add the tinned tomatoes, honey, red wine and fresh tomatoes to the onions. Return the meat to the saucepan and bring slowly to the boil.
3. Simmer for 1 -1 ½ hours or until lamb is soft and sauce has thickened. Add the peaches and allow to heat through before serving with a medley of vegetables.

## TIP:

This dish tastes great served with a bowl of couscous with cubed and cooked butternut, cubed feta and toasted pumpkin seeds mixed in.





**Day 22**

**Serves: 6**

**Preparation time:**

**15 min**

**Cooking time:**

**2 hours**

### Ingredients:

- 1kg brisket cut into 15mm slices
- 1 tablespoon (15ml) cooking oil
- 1 large onion, sliced
- 1 **IMANA Beef Super Stock Cube**
- 1 teaspoon (5ml) coarsely ground black pepper
- 1 teaspoon (5ml) mixed herbs
- 1 teaspoon (5ml) brown sugar
- 2 tablespoons (30ml) vinegar
- 340ml beer
- 2 cups (500ml) shredded cabbage
- 3 potatoes, peeled and quartered
- 3 tablespoons (45ml) **IMANA SUPER-SHEBA Steak & Chops Stew Mix**

### Method:

1. Brown meat in heated oil, add onion and fry for a few minutes. Season with crumbled **IMANA Beef Super Stock Cube**, pepper, mixed herbs and sugar.
2. Heat vinegar and beer and pour over meat.
3. Reduce heat, cover and simmer for 1 - 2 hours.
4. Add cabbage and potato and simmer until vegetables and meat are tender.
5. Stir in **IMANA SUPER-SHEBA Steak & Chops Stew Mix** to thicken the sauce. Simmer for 5 minutes. Serve with pap or rice.

### TIP:

If you are not a beer fan replace it with a 340ml Coke.

**This Recipe Uses**





**Day 23**

**Serves: 6**

**Preparation time:**

**10 min**

**Cooking time:**

**35 min**

## Ingredients:

- 1 tablespoon (15ml) margarine
- 1 red onion, finely chopped
- 1 clove garlic, crushed
- 200g bacon, chopped
- 1 ½ cups (375ml) rice
- 2 x IMANA Chicken Super Stock Cubes dissolved in 1,25 litres of boiling water
- ½ butternut, peeled and chopped into 1cm cubes
- 200g fresh green beans, chopped into 2,5cm lengths
- 65ml milk
- ½ cup (125ml) grated cheddar cheese
- 65ml fresh basil, chopped (optional)

## Method:

1. Melt margarine in the pot and fry the onion, garlic and chopped bacon over a medium heat until soft. Add the rice and stir until well coated.
2. Add ½ cup stock to the rice, stirring until absorbed. Add butternut and beans and continue adding stock by the ½ cupful stirring continuously until absorbed before adding the next cup. This should take about 20 - 25 minutes. Add the milk, cheese and basil and stir gently to combine. Serve immediately.

## TIP:

Add some juicy char-grilled chicken strips to this dish as an option. You can use parsley instead of basil.



*This Recipe Uses*



**Day 24**

**Serves: 6**

**Preparation time:**  
**15 min**

**Cooking time:**  
**2 hours**

### Ingredients:

- 1 x 410g tin coconut milk
- 100 ml water
- 1 sachet **IMANA Chicken à la King Cook-in-Sauce**
- 1 tablespoon (15ml) red or green curry paste
- 4 - 6 cubed chicken breast fillets (no bone or skin)
- 1 onion, sliced
- 1 cup (250 ml) green beans, chopped
- ½ cup (125 ml) fresh dhania/coriander, chopped
- 2 cups (500ml) rice
- 1/2 cup (125 ml) desiccated coconut

### Method:

1. Place the coconut milk and water in a saucepan, then stir in the **IMANA Chicken à la King Cook-in-Sauce** and curry paste. Bring to the boil.
2. Add the chicken pieces and onion and simmer for about 10 minutes or until the chicken is cooked.
3. Add the green beans and cook for a few more minutes (the beans should be crunchy). Stir in the dhania.
4. Meanwhile cook the rice as per packet instructions and season with salt.
5. Place the desiccated coconut in a heated pan (without oil), and dry fry until golden brown.
6. Stir into the cooked rice.
7. Serve in individual bowls with rice topped with the chicken curry.



**This Recipe Uses**

# Kebabs on Mustard Mash



**Day 25**

**Serves: 6**

**Preparation time:**

**15 min**

**Cooking time:**

**10-15 min**

## Ingredients:

- 1 onion
- 600 g beef mince
- 2 tablespoons (30ml) **IMANA SUPER-SHEBA Tomato & Onion Stew Mix**
- 2 tablespoons (30ml) finely chopped dhania/ coriander
- ½ teaspoon (2ml) coarse black pepper
- 1 x 250g packet streaky bacon
- 6 large potatoes, peeled
- 3 tablespoons (45ml) milk
- 1 **IMANA Chicken Super Stock Cube**, crumbled
- 1 teaspoon (5 ml) mustard

## Method:

1. Peel the onion and grate it coarsely.
2. Add the mince beef, **IMANA SUPER-SHEBA Tomato & Onion Stew Mix**, chopped dhania and pepper. Mix lightly with a fork.
3. Shape the mixture with your hands into small elongated balls and wind half a rasher of bacon around each ball.
4. Thread three to four balls onto each kebab stick.
5. Grill the kebabs for 6 -8 minutes on each side until cooked through.
6. To make the mash, boil the potatoes in plenty of boiling water until soft. Drain and add the **IMANA Chicken Super Stock Cube** to the hot potatoes. Mash the potatoes and crumbled stock cube together with the milk until smooth. Add the mustard.

## TIP:

For a chilli flavour make up an **IMANA Spicy Chilli Gravy** using 1 cup (250ml) boiling water and stir with a fork until thickened. Serve over the kebabs and mash.

*This Recipe Uses*





**Day 26**  
**Serves: 4**  
**Preparation time:**  
**20 min**  
**Cooking time:**  
**1h10 min**

**Ingredients:**

- 750g brisket slices
- 2 tablespoons (30ml) oil
- 1 large onion, chopped
- 1 packet **IMANA Beef & Onion Soup**
- 1 litre hot water
- 4 potatoes, peeled and cut into chunks
- 3 large baby marrows, thickly sliced
- 1 cup (250ml) carrots, sliced

**Dumplings:**

- 1 cup (250ml) flour
- 1 teaspoon (5ml) baking powder
- 1 tablespoon (15ml) fresh herbs, finely chopped (optional)
- ¼ cup (65ml) butter or margarine
- 1 **IMANA Garden Vegetable Super Stock Cube**
- ¼ cup (65ml) cold water

**Method:**

1. Brown the brisket in heated cooking oil, then fry the onion. Stir in the **IMANA Beef & Onion Soup** and hot water and allow to simmer for 45 minutes or until the meat is tender.
2. Add potatoes, marrows and carrots and simmer for 15 minutes or until potatoes are cooked through.
3. For the dumplings, sift the flour and baking powder together. Rub in the margarine and the **IMANA Garden Vegetable Super Stock Cube** until they resemble fine bread crumbs. Add the cold water to form a soft dough.
4. Add spoonfuls of the dough to the top of the stew. Cover with a lid and simmer gently for 10 minutes or until dumplings are cooked through.

*This Recipe Uses*



12

100% VEGETARIAN

# Peri Peri Chicken Livers



**Day 27**

**Serves: 4-6**

**Preparation time:**

**10 min**

**Cooking time:**

**15 min**

## Ingredients:

- 750g chicken liver
- Oil for frying
- 1 **IMANA Chicken Super Stock Cube**
- 1 cup (250ml) water
- 1 x 410g can tomato and onion mix
- 4 Tablespoons (60ml) fruity chutney
- 2 Teaspoons (10ml) sugar
- 1 Tablespoon (15ml) Peri Peri or Chilli sauce
- 2 Tablespoons (30ml) **IMANA SUPER-SHEBA Tomato & Onion Stew Mix**

## Method:

1. Fry the livers in heated oil until browned but still slightly pink inside. Remove and set aside.
2. Blend the **IMANA Chicken Super Stock Cube**, water, tomato & onion mix, chutney, sugar and Peri Peri Sauce and pour into a pan.
3. Heat until the sauce comes to the boil.
4. Add the livers and **IMANA SUPER-SHEBA Tomato & Onion Stew Mix** and cook until thick and livers are heated through.
5. Serve on bread, toast or over steaming pap.

## TIP:

For a garlic variation replace the Peri Peri with 2 teaspoons of crushed garlic and 1 teaspoon of lemon juice.



*This Recipe Uses*



**Day 28**

**Serves: 6-8**

**Preparation time:**  
**20 min**

**Cooking time:**  
**1h30 min**

### Ingredients:

- 1.5kg rolled brisket
- 3 tablespoons (45ml) IMANA NO.1 SOUP Oxtail Flavoured
- 1 tablespoon (15ml) cooking oil
- 1 large onion, chopped
- 1 tomato, chopped
- 300ml water
- 1 IMANA GOURMET Roasted Onion & Leek Stock Cube
- 2 carrots cut into 2cm lengths
- 2 small potatoes, peeled and quartered
- ½ cup (125ml) sliced green beans
- 2 teaspoons (10ml) mixed herbs

### Method:

1. Ask your butcher to prepare and roll the brisket for you.
2. Rub the dry IMANA NO.1 SOUP Oxtail Flavoured over meat. Heat oil in a large pot and brown meat all over.
3. Add onions and tomato and fry for a few minutes.
4. Pour in the water and add IMANA GOURMET Roasted Onion & Leek Stock Cube cover and simmer for 1½ hours or until the meat is almost tender.
5. Add prepared vegetables and mixed herbs. Simmer for 25 minutes until meat and vegetables are cooked.

### TIP:

This recipe can be made using a roll of pork instead of brisket and replacing the soup flavour with IMANA NO.1 SOUP Chicken Flavoured.



*This Recipe Uses*

12

**Nothing  
beats**



**taste!**