

The background is a solid blue color with two large, abstract, curved shapes in a teal-green color. One shape is in the top right corner, and the other is in the bottom left corner, creating a dynamic, modern feel.

Disney COOKABOUT

Recipes

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Ancient Grain and Pomegranate Salad with Crispy Onions and Feta

Ancient Grain and Pomegranate Salad with Crispy Onions and Feta. (serves 2)

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INGREDIENTS

80 g bulgur wheat
80 g quinoa
400 ml water
150 g cooked, drained chickpeas
100 g cooked, drained lentils
50 ml chopped mint
50 ml chopped parsley
Seeds of ½ pomegranate OR one small pomegranate
Salt and black pepper for seasoning

DRESSING INGREDIENTS

30 ml pomegranate molasses	30 ml olive oil
1 garlic clove crushed	15 ml freshly squeezed lemon juice
15ml honey	5 ml Dijon mustard or any mild mustard of choice
Finely grated zest of ½ lemon	Salt and pepper for seasoning

TO SERVE - INGREDIENTS

60 ml crispy onion rings or flakes
100 g feta cheese, cubed
Extra mint for garnish

METHOD

- Add the bulgur wheat, quinoa and the water to a medium sized saucepan and bring to the boil on medium heat. Add some salt. Cook for 15 minutes with a lid on the saucepan until all the liquid has been absorbed.
- Spoon the cooked quinoa and bulgur wheat into a large bowl to cool down quickly.
- After a few minutes add the chickpeas, lentils, mint, parsley and the pomegranate seeds.
- Combine all the ingredients for the dressing in a small jug and mix well.
- Add the dressing and toss through the salad.
- Serve the salad topped with the crispy onion, feta cheese and some mint as garnish.

Beef, Peppers and Broccoli Stir-Fry

Beef, Peppers and Broccoli Stir-Fry served with Rice Noodles. (serves 2)

INGREDIENTS

20 ml sunflower oil
200 g rump or sirloin (all fat removed),
cut into thin strips
½ small onion, sliced thinly
1 garlic clove, crushed
5 ml grated fresh ginger
Pinch of chilli flakes
¼ small red pepper, cut into strips
¼ yellow pepper, cut into strips
100 g broccoli florets
60 ml sliced celery
100 g rice noodles

SAUCE INGREDIENTS

40 ml Soya sauce
15 ml Honey
5 ml Organic, free range
chicken stock powder

TO SERVE - INGREDIENTS

5 ml Toasted sesame seeds
Fresh herbs (eg. coriander, parsley or chives)

METHOD

- Mix together the sauce ingredients in a small bowl and keep aside.
- Pour 750 ml of boiling water over the rice noodles and leave to soak for 10 minutes. Drain very well and keep warm. Stir a little extra oil through the noodles to prevent them from sticking together.
- Add half of the oil to a non-stick frying pan on medium heat and fry the onion, garlic, ginger and chilli until the onion is slightly browned. Stir all the time.
- Turn the heat up and add the meat. Stir-fry until it is cooked and starts to brown. Season with a little salt and remove the cooked meat and onions from the frying pan. Keep aside.
- Add the rest of the oil to the frying pan, turn down the heat to medium and add the peppers, broccoli and the celery. Stir-fry for a few minutes until the vegetables are cooked but still crisp.
- Return the meat and onions to the vegetables in the frying pan and add the sauce.
- Cook whilst stirring for 2 minutes.
- Serve with the rice noodles and sprinkle with the toasted sesame seeds and some herb.

Biltong and Avo Tacos with Chunky Salsa

Biltong and Avo Tacos with Chunky Salsa. (serves 2)

Disney
COOKABOUT

INGREDIENTS

2 wheat flour tortillas
15 ml olive oil
60 ml low fat yoghurt
30 ml low fat /
organic mayonnaise
10 ml lime juice
Zest of ½ small lime
200 ml thinly sliced red
and green cabbage
100 g thinly sliced biltong
1 avocado, peeled, seeded and
cut into cubes

SALSA - INGREDIENTS

30 ml chopped spring onion
80 g small tomatoes, quartered
80 g corn kernels
30 ml chopped red pepper
Salt and black pepper
30 ml picked coriander leaves
10 ml red wine vinegar
5 ml olive oil

METHOD

- **Mix together the 15 ml olive oil, yoghurt, mayonnaise, lime juice and zest. Add this to the cabbage and mix well. Keep aside.**
- **In another small bowl, combine all the salsa ingredients and mix well.**
- **Heat a griddle pan on medium heat until hot. Grill the tortillas in the griddle pan until it is lightly charred and hot.**
- **Assemble the tacos by dividing the cabbage evenly among the grilled tortillas, top with the biltong slices and the avocado.**
- **Fold the tortillas in half and serve immediately with the chunky salsa.**

Chamussas with Piri Piri Beef and Mango Chutney

Chamussas with Piri Piri Beef and Mango Chutney.

(makes 8 Chamussas)

INGREDIENTS

15 ml olive oil
60 ml onion, chopped
5 ml grated ginger
Salt and black pepper
200 g lean beef mince
Generous pinch of piri piri powder
(to taste)
2.5 ml garam masala
2.5 ml ground cumin

15 ml tomato paste
15 ml tomato sauce
60 ml chopped fresh coriander
5 ml lemon zest
15 ml breadcrumbs
1 egg yolk
4 sheets phyllo pastry
Olive oil spray or olive oil for brushing
10 ml melted butter

METHOD

- Preheat the oven to 180 °C. Grease a baking sheet, or line with baking paper.
- Heat the olive oil in a pan and sauté the onion and ginger until soft. Add the beef mince and break up whilst stirring. Cook until it is dry.
- Add the spices as well as the tomato paste, tomato sauce and lemon zest. Cook for a few minutes and cool. Add the coriander, breadcrumbs and the egg yolk and mix well. Cool.
- Spray or brush the phyllo pastry with the olive oil and make stacks of two sheets each. Cut into 4 strips.
- Place a heaped tablespoon of filling on the bottom left corner of each strip. Fold over the pastry to make triangles.
- Repeat with the remaining filling and pastry.
- Brush with the melted butter and place on the prepared baking sheet.
- Bake for about 15 minutes until golden brown and crisp.
- Serve with homemade mango chutney (will be in the fridge)

Chicken Curry served with Fresh Peach and Spring Onion Sambal

Chicken Curry served with Fresh Peach and Spring Onion Sambal. (serves 2)

Disney
COOKABOUT

INGREDIENTS

1 onion, finely chopped
2 garlic cloves, crushed
10 ml grated ginger
15 ml sunflower oil
½ small chilli, seeded and chopped OR use
2.5 ml dried chilli flakes
2.5 ml cumin seeds
1 cinnamon stick
2.5 ml turmeric
2.5 ml garam masala
350 g deboned chicken thighs,
cut into chunks
200 ml chopped, tinned tomato
200 ml chicken stock
5 ml honey
60 ml low-fat plain yoghurt
Salt and pepper for seasoning

PEACH AND SPRING ONION SAMBAL INGREDIENTS

(if peaches are out of season
- we can use mango or pineapple)

1 nectarine, pitted
and cubed
60 ml thinly sliced
spring onion
30 ml chopped red pepper
15 ml lemon juice
2.5 ml lemon zest
15 ml chopped coriander

METHOD

- Heat the oil in a non-stick frying pan on medium heat and add the onion, garlic, ginger, chilli and all the spices (cumin, cinnamon stick, turmeric, garam masala). Cook for a few minutes until the onion is soft. Stir all the time.
- Add the chicken and cook for another few minutes while stirring.
- Add the tomato, stock and the honey, reduce the heat and bring to a gentle simmer.
- Place the lid on the pan and simmer for about 10 minutes until cooked. Add more liquid if needed. Taste and adjust the seasoning.
- Stir in the yoghurt just before serving.
- Serve the chicken curry with brown basmati rice and the peach and spring onion sambal on the side.
- **TO MAKE THE SAMBAL:** Mix together all the ingredients and spoon into a small serving bowl.



Chicken Skewers with a Spicy Peanut Sauce

Chicken Skewers with a Spicy Peanut Sauce served with Pickled Cucumber. (serves 2)

INGREDIENTS

80 g organic peanut butter
90 ml coconut milk
15 ml lime juice
5 ml freshly grated ginger
1 garlic clove, crushed
2.5 ml ground cumin
2.5 ml curry powder
2.5 ml paprika
Pinch of chili flakes
1 ml salt
Black pepper
300 g chicken tenderloins or chicken fillet
4 bamboo skewers, soaked in water
Toasted peanuts for garnishing

PICKLED CUCUMBER INGREDIENTS

50 ml white vinegar
(use apple cider vinegar preferably)
30 ml lemon juice
30 ml honey
2.5 ml salt
5 ml chopped dill
150 g sliced baby cucumbers
30 ml spring onions,
thinly sliced

METHOD

- Mix together the peanut butter, coconut milk, lime juice, ginger, garlic and the spices. Mix well and reserve half of the marinade for dipping.
- Marinate the chicken in the other half of the sauce. Place in a Ziploc bag and toss well to coat the chicken – leave it in the fridge for at least 15 minutes.
- TO MAKE THE PICKLED CUCUMBER: Combine the vinegar, lemon juice, honey, salt and the dill in a small saucepan and bring to the boil. Pour the hot liquid over the sliced cucumber and spring onions and place in a sealed container to pickle. Shake or turn it upside down every few minutes to make sure all the vegetables get coated with the liquid. This can be made the day before and left in the fridge.
- Thread the chicken onto the soaked skewers.
- Heat a griddle pan on medium heat and cook the skewers on both sides until cooked and golden brown.
- Serve with the reserved marinade and the pickled cucumbers. Garnish with the toasted peanuts.

The image shows two dark grey oval baking dishes filled with golden-brown cornbread. The cornbread is topped with melted cheddar cheese, sliced red onions, and cherry tomatoes. In the foreground, there are two small wooden bowls: one containing a fresh rosemary sprig and another containing a chunky tomato sauce garnished with fresh herbs. The dishes are set on a rustic wooden surface.

Cornbread with Cheddar and Herbs

Cornbread with Cheddar and Herbs. (serves 2)

Disney
COOKABOUT

INGREDIENTS

30 ml sunflower seeds
40 g cake flour
60 g maize meal
2.5 ml cumin seeds
5 ml baking powder
2.5 ml salt
150 g corn kernels
Pinch of chilli flakes
2 spring onions, chopped
30 ml chopped coriander
30 ml chopped parsley
10 ml honey
1 egg
120 g low fat yoghurt
30 ml olive oil
40 g grated cheddar cheese

TOPPING - INGREDIENTS

40 g grated cheddar cheese
A few thinly sliced red onion rings
12 cocktail tomatoes,
halved and seasoned with
salt and pepper

METHOD

- Grease a small ovenproof dish and pre-heat the oven to 170°.
- Heat a non-stick pan and toast the sunflower seeds on medium heat until it is golden brown. Remove from the heat and cool.
- Mix together the flour, maize, cumin seeds, baking powder and the salt.
- Add the corn kernels to the dry ingredients as well as the chilli flakes, spring onion, coriander and the parsley and mix well. Add the cooled, toasted sunflower seeds and the grated cheddar cheese.
- In another bowl combine the honey, egg, yoghurt and the olive oil.
- Add the yoghurt mixture to the corn mixture and mix lightly to combine and make the batter.
- Pour the cornbread mixture into the prepared dish and scatter over the cheese, onion rings and the tomatoes.
- Bake in the oven for about 20 - 25 minutes or until a skewer comes out clean.
- Eat warm with a barbeque or eat with a salad for a delicious and healthy meal. You can serve this dish with a chakalaka sauce on the side.

A close-up photograph of a wooden platter filled with French toast skewers. Each skewer consists of a piece of golden-brown French toast, a slice of banana, and a fresh strawberry. A small bowl of white whipped yoghurt is also visible on the platter. The background is a soft-focus view of more food.

French Toast and Banana Breakfast Skewers with Whipped Yoghurt

French Toast with Banana Breakfast Skewers with Whipped Yoghurt. (serves 2)

INGREDIENTS

80 g mascarpone cheese
100 g low fat yoghurt
25 ml honey
Pinch of ground cinnamon
2 large eggs
Small pinch of salt
50 ml low fat milk

2.5 ml vanilla essence
4 slices brown bread, crusts removed
10 ml olive oil
2 bananas
Berries in season (blueberries, raspberries, strawberries)
4 bamboo skewers

METHOD

- Place the mascarpone cheese, yoghurt, 20 ml of the honey and a pinch of cinnamon in a small bowl and beat with an electric beater until whipped and thick.
- Spoon into a small bowl and place in the fridge for about 30 minutes
- Whisk the eggs, pinch of salt, milk and the vanilla essence together in a small bowl.
- Heat half of the olive oil in a non-stick saucepan on medium heat.
- Dip 2 slices of bread in the egg mixture, remove and place in the hot pan. Turn with a spatula (or use 2 forks). Fry until cooked and browned on both sides.
- Place on a paper towel to drain any excess oil. Cook the remaining bread in the rest of the olive oil.
- Cut each slice of French toast in 4 and thread them onto the skewers, alternating with slices of banana, blueberries and/or raspberries. You can make up your own combinations.
- TO SERVE: Place four skewers on a plate (grouped as pairs) and drizzle with the rest of the honey. Serve with the whipped yoghurt on the side. Garnish with more fresh berries.



Healthy Raspberry Muffins with Almond Crunch Topping

Healthy Raspberry Muffins with Almond Crunch Topping.

(makes 6 Muffins)

INGREDIENTS

125 ml cake flour
125 ml whole wheat flour
7.5 ml baking powder
Small pinch of salt
1 ml ground cinnamon
1 egg
40 ml olive oil OR
melted coconut oil
50 g honey
Zest of ½ small lemon
180 ml low fat yoghurt
120 g fresh raspberries

ALMOND CRUNCH TOPPING INGREDIENTS

10 g butter, melted
10 ml honey
50 ml coconut
50 ml cake flour
50 ml flaked almonds

METHOD

- Pre-heat the oven to 180°C and line 6 muffin cups.
- Mix together the cake flour, whole wheat flour, baking powder, salt and cinnamon.
- In another bowl mix the egg, oil, honey, zest and the yoghurt together.
- Add the liquid to the dry ingredients and mix gently together until just combined to make the batter. DO NOT OVERMIX THE BATTER.
- Gently stir in the raspberries and spoon the batter into the 6 lined muffin cups.
- Melt together the butter and the honey in a small saucepan.
- Mix the coconut, cake flour and the flaked almond and stir in the melted butter and honey mixture using a fork. Mix to combine but it must be crumbly. Sprinkle evenly among the muffins.
- Bake for about 18 minutes or until a skewer inserted comes out clean.
- Serve warm.

Kasi Chicken and Roasted Beetroot Salad

Kasi Chicken and Roasted Beetroot Salad. (serves 2)

INGREDIENTS

150 g baby beetroot, par-boiled and peeled
10 ml olive oil
2 chicken breast fillets
2.5 ml barbecue spice
1 small carrot, trimmed and rinsed well
1 cooked corn on the cob
100 g baby tomatoes
200 g red kidney beans, rinsed and drained
30 g butter lettuce leaves
80 g feta, cubed
salt and freshly ground black pepper

DRESSING - INGREDIENTS

40 ml basil pesto
30 ml freshly squeezed lemon juice
15 ml olive oil

METHOD

- Pre-heat the oven to 200°C.
- Cut the cooked baby beetroot into wedges or halves and place in a small ovenproof dish, lined with baking paper.
- Sprinkle with 5ml of the olive oil and season with salt and pepper. Roast in the oven for 20 minutes. Cool.
- Pound out the chicken fillets to make them thinner and of even thickness.
- Mix together the other 5ml olive oil and barbecue spice, rub over the chicken fillets and marinate for about 15 minutes.
- Combine all the ingredients for the dressing and mix well. Keep aside.
- Use a potato peeler and cut the carrot into thin ribbons.
- Use a knife and cut the corn off the cob.
- Mix together the baby tomatoes, corn and kidney beans and toss with two-thirds of the dressing. Add the carrot ribbons.
- Heat a griddle pan on medium heat till hot and grill the chicken fillets for about 4 minutes on each side until they are golden brown and cooked. Season with salt and black pepper.
- To serve, divide the lettuce leaves between two plates and spoon the tomato mixture on top. Add the feta and the roasted beetroot.
- Lastly, slice the chicken fillets and place on top of the salads. Drizzle with the rest of the dressing and serve immediately.

Lentil Stew with Swiss Chard and Coriander Pesto

Lentil Stew with Swiss Chard and Coriander Pesto. (serves 2)

INGREDIENTS

They normally use Berber spice (a mixture of dried chilli, cloves, ginger, coriander and allspice - we are incorporating most of the spices separately).

INGREDIENTS

125 g red lentils, soaked in water for
30 minutes
15 ml olive oil
1 red onion, chopped
1 garlic clove, crushed
5 ml grated ginger
Pinch chili flakes
(add to taste)
2.5 ml ground cumin
2.5 ml ground coriander
2.5 ml smoked paprika
2.5 ml turmeric
1 cinnamon stick
Pinch allspice
30 ml tomato paste
200 ml chopped tomato
375 ml vegetable stock
250 ml chopped swiss chard
60 ml crispy onion flakes for serving
Salt and pepper for seasoning

PESTO - INGREDIENTS

200 ml coriander leaves
20 g toasted cashew nuts
60 ml olive oil
2 garlic cloves, crushed
Salt and black pepper to taste

METHOD

- Heat the oil in a saucepan and add the onion, garlic and ginger. Cook for two minutes while stirring, then add all the spices (chilli, cumin, coriander, paprika, turmeric, cinnamon stick and allspice). Cook for another minute.
- Add and simmer (cook on low heat with lid on saucepan) for about 20 minutes until the lentils are soft and the sauce thick. Add a bit more liquid if necessary.
- Taste and adjust the seasoning. Mix in the chopped swiss chard and cook until it has wilted.
- TO MAKE THE PESTO: Blend together all the ingredients with a stick blender until smooth.
- Serve with the pesto and the crispy onion with brown basmati rice.



Mediterranean Baked Fish with Tomato and Fennel

Mediterranean Baked Fish with Tomato and Fennel.

(Served with bruschetta) (serves 2)

INGREDIENTS

15 ml olive oil
1 garlic clove, crushed
1 small fennel bulb, thinly sliced (keep
the fronds
for garnish)
2.5 ml fennel seeds
2.5 ml cumin seeds
15 ml tomato paste
250 ml chopped tomato
(use tinned tomato)
150 ml chicken or fish stock
15 ml honey

Zest of 1 small lemon
A few sprigs of thyme
300 g kingclip or any other firm fish,
cut into chunks
80 g feta cheese, cubed
15 g butter
5 ml lemon juice
Pinch of chilli flakes
Salt and black pepper
for seasoning

METHOD

- Preheat the oven to 200°C.
- Heat the olive oil in a small saucepan on medium heat and add the garlic, sliced fennel, fennel seeds and the cumin seeds. Cook for a few minutes until soft.
- Add the tomato paste, chopped tomato, stock, honey, lemon zest and the thyme. Season with a bit of salt and black pepper and simmer the sauce for about 10 minutes until it thickens.
- Divide the sauce between two small oven casseroles.
- Season the fish and arrange the fish in the sauce. Press the feta pieces around the fish. Spoon a little sauce over the fish and the feta.
- Bake in the oven for about 20 minutes until the fish is cooked and the cheese golden brown.
- While the fish is in the oven: melt together the butter and add the lemon juice and chilli. Spoon this over the fish as soon as it comes out of the oven.
- Serve immediately with some bruschetta and garnish with the fennel fronds.
- TO MAKE BRUSCHETTA: Brush a small amount of olive oil on two slices of sourdough bread and toast the bread on a griddle pan until golden and crisp.

Melon, Smoked Chicken and Pasta Jars

Melon, Smoked Chicken and Pasta Jars. (Serves 2)

INGREDIENTS

80 g fusilli pasta, raw weight
5 ml olive oil
80 g asparagus spears
200 g smoked chicken fillets, cut into thin slices
100 g peeled, seeded sweet melon, cubed
100 g peeled, seeded green melon, cubed
60 g baby cucumber, thinly sliced
1 cooked corn on the cob
60 g red pepper, cut into thin strips
Mixed micro herbs (for garnish)

LIME YOGHURT DRESSING INGREDIENTS

80 ml low fat yoghurt
80 ml soured cream
1 garlic clove, crushed
20 ml olive oil
10 ml lime juice
Zest of ½ lime
15 ml chopped mint
Salt and pepper for seasoning

METHOD

- Bring 500 ml of water to the boil on high heat, add the pasta and cook for about 5 minutes until cooked. Drain the pasta, stir through the olive oil and set aside to cool.
- Boil water in a kettle and pour some boiling water over the asparagus. Leave for two minutes and drain. Rinse the asparagus with cold water, drain and keep aside to cool.
- Mix together the sweet melon, green melon and the baby cucumber slices.
- Use a sharp knife and cut the corn kernels off the cob.
- Combine all the ingredients for the dressing in a small jug and blend with a stick blender until very smooth and well combined.
- Divide most of the dressing between two large consol/mason jars.
- Layer with the ingredients – starting with asparagus spears in the length, then the pasta followed by the chicken and the remaining ingredients. Finish with the rest of the dressing and some micro herbs.
- Seal with the lids until ready to serve.
- This is a perfect take-away meal for lunch or a picnic



North African Chicken and Butternut Casserole

North African Chicken and Butternut casserole (serves 2)

INGREDIENTS

4 chicken thighs
20 ml olive oil
200 g butternut, peeled
and cubed
Salt and pepper for seasoning
1 small onion, chopped
1 garlic clove, crushed
2.5 ml ground cinnamon
2.5 ml paprika
2.5 ml cumin seeds
1 ml turmeric

200 ml chopped, tinned tomatoes
5 ml honey
5 ml Harissa paste (or add chilli to taste)
60 g dried, chopped apricots
250 ml chicken stock
Zest of 1 lime
10 ml lime juice
10 ml mint, chopped
120 ml plain low fat yoghurt
Fresh coriander for serving

METHOD

- Preheat the oven to 200°C.
- Season the chicken with some salt and pepper, drizzle with a small amount of olive oil and place on a baking tray. Bake for about 35 minutes until golden brown and cooked.
- At the same time: place the butternut cubes on a baking tray, season with a bit of salt and drizzle with a small amount of olive oil. Roast in the oven for about 20 minutes until cooked and lightly browned.
- Heat the rest of the olive oil in a saucepan on medium heat and add the onion, garlic and the spices. Cook for a few minutes until the onion is cooked and translucent. Add the tomatoes, lime zest, honey, harissa and the chicken stock and simmer the sauce for about 10 minutes on low heat. Add chopped Apricots to the cooked sauce.
- In a small bowl, mix together the mint, yoghurt and the lime juice. Add a pinch of salt and black pepper and keep aside.
- Add the roasted chicken and butternut to the sauce and cook for about 5 minutes on low heat. Add a little liquid if necessary.
- Serve the chicken with the couscous and sprinkle with the coriander. Serve the minted yoghurt on the side.

The background of the slide features a close-up of a root vegetable cottage pie in a black skillet, topped with fresh rosemary. In the background, a wooden cutting board holds several root vegetables like carrots and parsnips. A large, semi-transparent blue shape is overlaid on the right side of the image, containing the title text.

Root Veggies Cottage Pie

Root Veggies Cottage Pie. (serves 2)

INGREDIENTS

10 ml sunflower oil
60 ml chopped onion
1 garlic clove, crushed
250 g lean beef mince
1 small carrot, scrubbed, trimmed and cubed
30 ml Worcestershire sauce
30 ml tomato paste
Rosemary sprig
100 ml free-range beef stock
Black pepper for seasoning
1 ml salt
250 ml baby spinach (uncooked)

TOPPING INGREDIENTS

400 g sweet potato
15 g butter
30 ml plain low fat
yoghurt
30 g crumbled feta cheese
5 ml toasted breadcrumbs
Rosemary sprig



METHOD

- **Preheat the oven to 180°C.**
- **Place enough water in a saucepan to cover the sweet potatoes and boil on medium heat until soft. Drain and cool a little.**
- **Heat the sunflower oil in a saucepan on medium heat, add the onion and garlic and cook for a few minutes until soft. Stir all the time.**
- **Add the mince and cook until the meat is starting to brown.**
- **Add the carrot, Worcestershire sauce, tomato paste, rosemary, stock and seasoning and cook for about 10 minutes until the carrots are cooked and the meat sauce has thickened. Stir in the baby spinach and remove from the heat.**
- **Spoon the meat into an oven proof casserole dish.**
- **Mash the sweet potato with the butter and yoghurt and season to taste.**
- **Spoon the sweet potato mash on the meat in scoops.**
- **Sprinkle over the feta and breadcrumbs and rosemary sprig and bake in the oven for about 20 minutes until golden brown.**

Strawberry Mousse with Basil Berry Salad

Strawberry Mousse with Basil Berry Salad. (serves 2)

MOUSSE INGREDIENTS

120 g ripe strawberries, washed, hulled and halved
120 g low fat yoghurt
100 g mascarpone cheese
Vanilla seeds of a ¼ vanilla pod
30 ml honey

BASIL BERRY SALAD INGREDIENTS

100 g mixed berries
30 ml passion fruit pulp
4 basil leaves, torn
Extra basil for serving

METHOD

- Puree the strawberries in a blender and keep aside.
- Beat together the yoghurt, mascarpone, vanilla seeds and the honey until it is thick and fluffy. Use an electric beater. Place in the fridge for 15 minutes to set.
- Meanwhile, make the basil berry salad by cutting the berries into halves and quarters. Add the passion fruit pulp and the basil and mix gently. Keep aside.
- Spoon the mousse into 2 pretty serving glasses, and layer with some of the strawberry puree.
- Gently spoon the basil berry salad on top of the mousse.
- Pour the left-over strawberry puree into a small jug and serve on the side.
- Garnish with extra basil just before serving.