

XCentric Ideas

A 3-course Meal
in
30 Minutes

8 July 2009
Volume 4 — Issue 5
by
ALMA PRETORIUS
alma@xcentricideas.co.za
www.xcentricideas.co.za

All photos my own

Dinner in 30 minutes

These are just a few guidelines. Once you've tried, you'll realise how many meals CAN be made in only a few minutes.

Start with the dessert. Keep it aside or in fridge.

Then your main meal. Prepare in 20 minutes, then let it simmer slowly till your serve. Or keep it hot in the oven. Use 'quick' starches - like pasta, couscous, pita breads, 1-minute-maize and tinned samp, heated. 'Simmering' chicken, meat, veg or fish are the best - you don't have to watch it all the time.

Prepare your starter and serve it immediately.



5 Minutes

Bread Sushi

Slices of bread – 1 per person
Basil pesto
Grated cheddar cheese

Roll each slice thin with rolling pin. Cut off crusts. Spread pesto and sprinkle cheese on top. Roll bread up, cut and stand upright. Serve with chopsticks.

*Use tuna-mayo, ham & mayo or banana & jam.

(Recipe - www.zumaorganic.com Photo - my own)



5 Minutes

Instant Soup

Instant soup sachets – 1 per person
Boiling water
Fresh bread

In mixing bowl, add all the soup. Mix with boiling water (1 cup per sachet). Mix well, pour into thermo flask, slice bread and keep till you're ready. Serve in cups or bowls.

*Use any flavour soup. Serve with toast or cheese sticks.

(Recipe & photo - my own)



5 Minutes

Avo Starter

Ripe avocado's – ½ per person
Jar or tin of tomato salsa
Feta cheese, crumbled
Lemon juice

Halve the avocado's. Brush the flesh with lemon juice. Scoop tomato salsa in the hole and sprinkle feta cheese on top. Serve on greens.
*Use tuna mayo, biltong slices or Woolworths' Prawn Cocktail.

(Recipe – my own Photo – my own)



5 Minutes

Butter Bean Salad

1 x 410g tin butter beans, rinsed & drained
½ red pepper, diced
½ green pepper, diced
½ yellow pepper, diced
½ onion, chopped fine
1 tsp crushed garlic
1 ½ tsp ground cumin
3 tbsp olive oil
1 tbsp lemon juice
3 handfuls of green leaves (rocket, lettuce & herbs)

Combine all ingredients, except the leaves, in medium bowl. Toss to coat evenly. Spoon on top of greens on plate.

(Recipe – unknown Photo – my own)



20 Minutes

Spaghetti Bolognaise

Raw spaghetti
Mince
1 x can tomato paste
1 x Jar Pasta Sauce
1 Onion, sliced
Mushrooms (optional)
Salt, pepper
1 tsp sugar

Boil water in kettle. Pour in pot and cook spaghetti till done. Meanwhile, fry the onions, mince & mushrooms. Season. Stir in the pasta sauce, tomato paste and sugar. Put lid on and simmer. Spoon on top of spaghetti and serve.
(Recipe - my own Photo - my own)



20 Minutes

Curry Couscous

4 tsp oil
½ cup curry paste
1 can coconut milk
¼ cup sugar
½ cup each of frozen peas & corn
1 tbsp parsley, chopped
Packet deboned, skinless chicken breasts, cubed

Prepare couscous as per directions on pack. In pot, heat oil, then add curry paste and sauté until fragrant. Add coconut milk, chicken, corn, peas, sugar and parsley and cook for 10 minutes until all flavours are blended. Serve with couscous.
(Recipe - unknown Photo - my own)



20 Minutes

Beef-Mushroom Pita

Pita breads
Beef strips
1 x packet Royco Thick 'n Creamy Sauce – Wild Mushroom
Boiling water
Oil
Salt, pepper

Heat the pita breads slowly in oven. Fry the beef strips till done. Season. Make the sauce according to the sachet, add to the beef strips, stir. Spoon the mixture into pita breads and serve with lettuce and tomatoes.

*Any sauce can be used.

(Recipe – my own Photo – my own)



20 Minutes

Chicken Bunny Chow

Bread quarter (or half), 1 per person
1 tsp sugar
1 onion, sliced
1 green pepper, cubed
1 x can tinned chilli tomatoes
Feta, 1 wheel
Salt, pepper, mixed herbs
1 packet deboned, skinless chicken breasts, cubed

Fry onion & green pepper in oil. Add the chicken breasts & stir till brown. Season. Add the tomatoes, simmer till done. Crumble feta cheese in. Hollow out bread end, spoon chicken mixture in and serve.

*Fish, Meat or even just veggies can be used.)

(Recipe – my own Photo – my own)



5 Minutes

Chocolate Muffin

Chocolate Muffins – 1 per person
Fresh cream, whipped
1 can Mandarin Oranges
1 tsp Apricot jam

Cut muffins in half. Spread with jam and cream. Top with cream and mandarin slice.
*Use strawberry jam and top with a strawberry. Or berry jam and top with a fresh berry. Or crème fraiche & fresh berries.
(Recipe – my own Photo – my own)



5 Minutes

Banoffee Spoon

Table spoons - 1 per person
Fresh cream, whipped
1 x tin of Caramel Condensed Milk
Fresh bananas, sliced

Place slices of banana on a spoon. Add a tsp of caramel and top with cream.
*This is only 1 mouthful per person, which gives you the chance to have another yum dessert.
(Recipe – my own Photo – my own)



5 Minutes

Trifle Galore

Mini Swiss rolls, 1 per person
1 x tin of Caramel condensed milk
Woolworths' Jelly Cups (Orange flavour)
Woolworths' Fresh Vanilla Custard
1 x tin Fruit Cocktail

Slice each roll, place on plate or bottom of glass. Spread with Caramel condensed milk. Spoon jelly on and top with fruit. Finish off with custard.

*Whipped cream can also be added.

(Recipe - my own Photo - my own)



5 Minutes

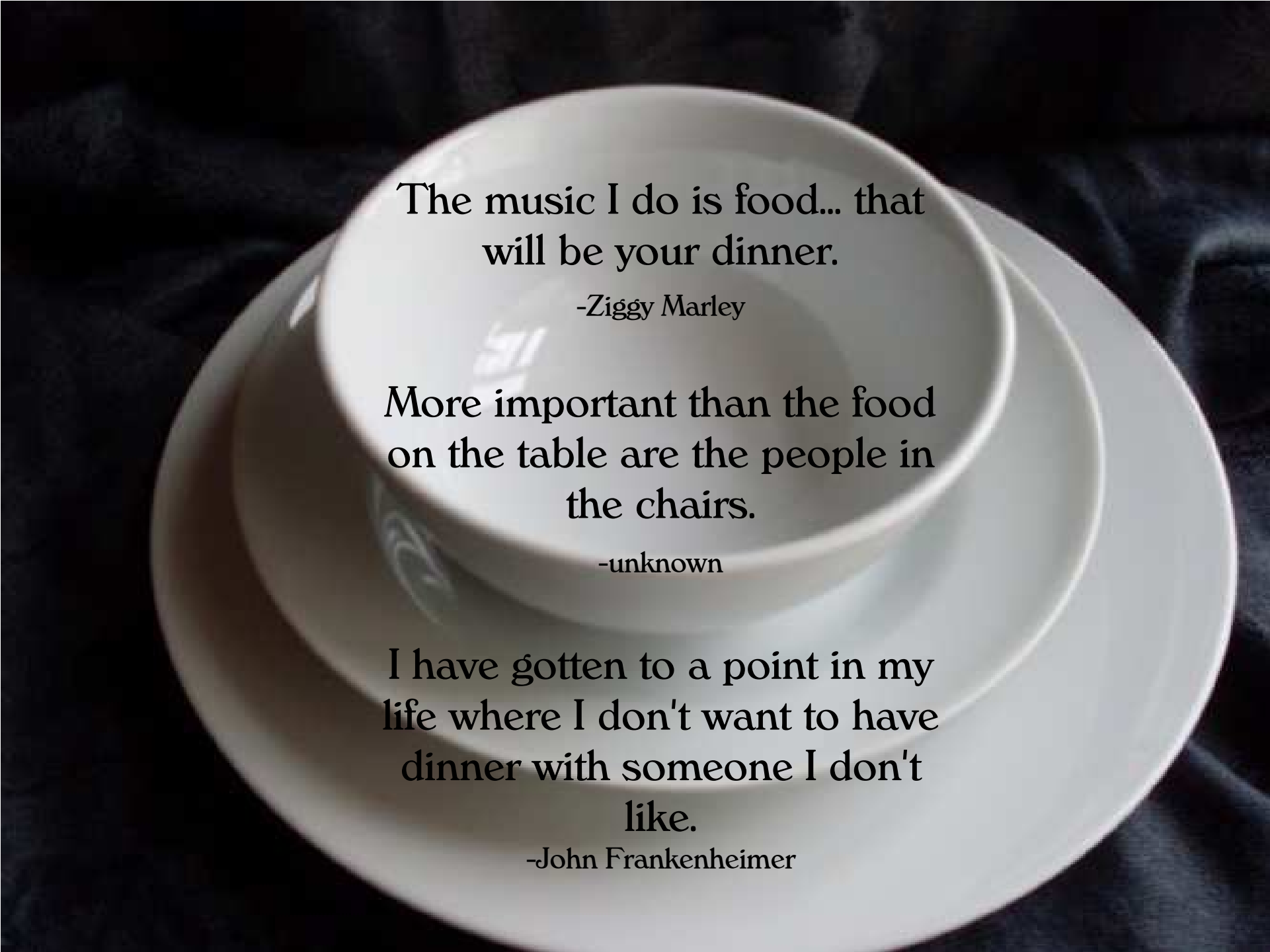
Passion Fruit Micro Fridge Tart

Tennis biscuits
500 ml plain yoghurt
1 x tin condensed milk
2-3 tins of Passion Fruit (granadilla) pulp

Mix yoghurt & condensed milk in a microwaveable container. Microwave uncovered for 4 min on high. Meanwhile, crumble biscuits and layer in pretty glass. Spoon yoghurt-mixture on top of the biscuits. Top with passion fruit. Refrigerate.

*Any topping can be used. Fresh fruit, canned fruit (drained), chocolate chunks, etc.

(Recipe - www.rsg.co.za Photo - my own)



The music I do is food... that
will be your dinner.

-Ziggy Marley

More important than the food
on the table are the people in
the chairs.

-unknown

I have gotten to a point in my
life where I don't want to have
dinner with someone I don't
like.

-John Frankenheimer