

XCentric Ideas



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by

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Meal
in minutes

NO MORE EXCUSES FOR NOT PREPARING A MEAL ...

THESE IDEAS WILL GIVE YOU A MEAL IN ...

MINUTES!!!!!!!!!!

We are really impulsive people and on a regular basis - meals are made within minutes.

Some of your basics will take time (e.g. rice / pasta) – but that you can prepare on a day .. portion it, spoon it into Ziplock (resealable) bags or small containers and freeze. Defrost and heat.

PRINT OUT THESE IDEAS ... keep on your fridge. Easy to remember for grocery shopping.

What is your basis ...

Raw is obviously healthier and quicker. But if you don't want it raw ... or steamed ... just cover the raw vegetables with boiling water and let it rest for 5 minutes.

Tinned vegetables are healthy ... drain and rinse. Tinned beans can also form the basis of your meal.

Tinned Samp can be eaten straight from the tin or microwaved for a few minutes.

Cook a big pot of pasta or rice on a weekend ... when cooled down, portion the pasta/rice, place in Ziplock bags and freeze. For a meal, remove, defrost and heat. Quick and easy.

Doritos – put on microwave plate, add toppings and cheese and micro till melted.



Raw or steamed broccoli/cauliflower



Smash

Cooked / tinned beans



Raw or steamed carrot slices / ribbons

Cooked pasta



2 minute noodles (covered with boiling water for 4 minutes)



Raw / steamed baby marrow slices/ribbons

Doritos crisps



Cooked rice

Couscous – same amount of raw couscous as boiling water – in container with lid for 5 minutes – loosen grains with fork



Steamed frozen vegetables



What to add to your meal basis ...

Eggs can be hard-boiled and kept in your fridge for 1 week.

Chicken thighs (boneless and skinless) can be sliced thinly and stir-fried in 5 minutes.

Tinned pilchards – carefully rinse the tomato sauce from fish ... it tastes different.

Prepare big pot ground meat – divide into portions, put into Ziplock bags and freeze.

Cook or buy a whole chicken. Cut into portions, Ziplock bags and freeze.

Bacon can be fried / microwaved in 5 minutes.



Tuna

Soft or Hard-boiled eggs

Stir-fry boneless skinless chicken thighs

Tinned Pilchards / Sardines

Grilled / fried minute steak

Grilled sausage slices

Feta cheese

Cheddar cheese

Tinned / Cured / Smoked Salmon

Seasoned cooked mince

Cooked whole chicken

Cold deli meats

Cooked bacon

Choose the add-ons to your meal:

Most vegetables can be steamed in
5 minutes. Or eaten raw.

Frozen vegetables:

put into container, pour boiling
water over, put lid on and leave for
4 minutes. Drain and pour more
boiling water on to keep it warm.



Green or Black Olives



Baby tomatoes



Sliced / cubed cucumber

Raw julienned carrot



Steamed corn



Steamed frozen Peas

Steamed green beans



Raw baby spinach leaves



Steamed spinach leaves

Tinned kernel corn



Tinned green peas

Mushrooms



Feta cheese / other cheese

Quick ideas for a sweet treat:



Chocolate muffin

Chocolate muffins

Bliss Double cream Hazelnut Yoghurt

Double cream yoghurt

Fresh / tinned fruit slices



Banana soft serve ice cream

NEEDS OVERNIGHT PREP TIME

Ripe bananas

Slice bananas, put in bowl and freeze overnight. Portion in bags and keep in freezer. Pour some slices into food processor, let stand for 10 minutes. Blend till smooth. (You can add little bit of milk/water if you want.)



Chocolate dessert with strawberries

Fat-free or low-fat chocolate yoghurt
Double cream Hazelnut yoghurt
Fresh fruit

Spoon into individual glasses. Top with fresh fruit.

Caramel balls

2 packets Cream Crackers
2 tins Caramel condensed milk
Desiccated coconut

Chop the crackers very fine in a food processor. Add the caramel condensed milk and process till they are nicely mixed. Form small balls with your hands and roll into the coconut.

**Or roll in Cocoa or Chocolate vermicelli.
It's not too sweet.**



Strawberry chocolate muffin



1 cup strawberries, cleaned, leaves removed and cubed
2 tbsp castor sugar (or to taste)
¼ tsp vanilla essence
Whipping cream **OR** Greek double cream yoghurt
Chocolate muffins

If you use cream, add the castor sugar & vanilla essence and whip till peaks form. Fold in the strawberries and use as topping.

For healthier option, use the Greek double cream yoghurt, add the castor sugar & vanilla essence. Fold in the strawberries and use as topping.



Banana towers

Bananas
Sprite / 7-Up / Lemonade
Peanut butter / Nutella / Caramel
Fresh sliced fruit

Dip sliced bananas in Sprite, 7-Up or Lemonade to prevent browning. Layer with peanut butter (Nutella / caramel) and fresh sliced strawberries.

Photo:

<https://www.pinterest.es/pin/435934438913304375/>



Apple Towers

Sliced apples
Peanut butter / nut butter
Fresh sliced fruit
Sprite / 7-Up / Lemonade

Dip sliced apples in Sprite, 7-Up or Lemonade to prevent browning. Layer with peanut butter and fresh sliced strawberries.

Photo: <https://churchhouseconf.co.uk/peanut-butter-strawberry-and-apple-slices/>

Shortbread tower

Shortbread (or other) cookies
Whipped cream /double cream yoghurt
Fresh sliced fruit / berries
Icing sugar (optional – for sifting on top)

Layer shortbread cookies, whipped cream/yoghurt, fresh sliced strawberries and blueberries for dessert. Sift icing sugar on top.

Photo: <https://recipes.sainsburys.co.uk/recipes/desserts/summer-berry-shortcake-stacks>





Avocado Choc Truffles

½ cup Purity fruit puree
1 large very ripe avocado, peeled and pit removed*
1 ½ tsp vanilla
1 ¼ cups Nestle cocoa powder
1 ¾ cup icing sugar
1 ¼ cup desiccated coconut
Coconut for rolling

In your food processor or food blender, puree the avocado until a smooth consistency. Add a little bit of the sweet potato puree, to aid the blending process.

Add the rest of the Purity sweet potato puree, vanilla, cocoa, icing sugar and coconut into the food blender. Mix until well combined.

If you want to make it easier, put mixture in fridge to firm up. Otherwise, form small balls (it's a bit messy though), roll in coconut and keep in a dish with lid in the fridge.

**Instead of fresh avocado, use 150 g ready-made Guacamole.*

