

## INGREDIENTS

- Oyster Mushrooms (1 pack)
- Red Onion x1
- Tomato x1
- Suya Pepper Mix - (*Africans Finest Brand is Daniel fast-friendly*)
- Ginger Powder
- Garlic Granules
- Chilli Powder
- Extra Virgin Olive Oil

## INSTRUCTIONS

1. Wash your oyster mushrooms thoroughly, then pat dry.
2. After this chop your mushrooms to your desired shape.
3. Then pour around a tbsp (Tablespoon) of Extra Virgin Olive Oil over your chopped mushrooms.
4. Next season your mushrooms with a tbsp of Suya Pepper mix, Ginger Powder, Garlic Granules and Chilli Powder. Then a pinch of Sea salt.
5. Mix the mushrooms until well combined.
6. Then place your mushrooms on a lined baking tray and place in the oven for 15-20 minutes at 200c
7. Whilst the mushrooms are in the oven finely chop the red onion and tomato and set aside.
8. Then after 20 minutes the mushrooms should be done.
9. In a bowl mix the onions, tomatoes and mushrooms then add a tsp. (teaspoon) of the suya spice mix.
10. Now your Suya is ready- enjoy!



## Oyster Mushroom Suya



2 servings



25 minutes

### NOTES

Not only can this be served as a tasty snack, you can pair it with cous cous or bulgar wheat for a yummy lunch or dinner meal.



## INGREDIENTS

- Chickpeas in Water (1 Can)
- Mixed Veg (*any desired veg may be used in this recipe*)
- Ginger
- Garlic
- Onion
- Extra Virgin Olive Oil
- Water
- Curry Powder(Jamaican style)
- Thyme

## INSTRUCTIONS

- 1.Chop up all your veg as well as onion,garlic and ginger.
- 2.Then to a hot pan/pot add a Tsp. of extra virgin olive oil, and fry the onions,garlic and ginger.
- 3.Next add a tsp. of curry powder, then the can of chickpeas and the chopped veg.
- 4.After, this season the curry with fresh thyme and tsp. of chilli powder.
- 5.Add around 50ml of water or you can use organic coconut milk.
- 6.Leave the curry to cook on a low heat for 10 minutes.
- 7.Once ready serve with wholegrain rice and veg.



## Chickpea Curry



4 servings



35 minutes

### NOTES

This can also be served with cous cous or bulgar wheat for a yummy lunch or dinner meal.



## INGREDIENTS

Red Bell Pepper x1  
Scotch Bonnet x1  
Onion x1  
Tomato x1  
Ginger  
Clove of garlic  
Fresh thyme  
Bay Leaves  
chilli powder  
curry powder  
Bulgar wheat

## INSTRUCTIONS

1. Blend Red Bell Pepper x1, Scotch Bonnet x1, Onion x1, Tomato x1, Ginger, Clove of garlic until smooth.
2. Chop half an onion then set aside.
3. Using extra virgin olive oil fry the onion with fresh thyme.
4. After 2 minutes add the stew mix.
5. Season with bay leaves, chilli powder, curry powder and seasalt. Adjust the seasoning to your liking.
6. Whilst the stew is frying wash your bulgar, then after 10 minutes add it to the stew and mix.
7. Add around 40ml of water and leave your bulgar to steam for 10 minutes on a low heat.
8. Once soft, serve with plantain and veg.



# Bulgar Jollof



4 servings



35 minutes





# BREAKFAST SMOOTHIE



## Ingredients:

- (1/2 cup) Fresh Fruits or 100% Fruit  
Smoothie Fruit Mix  
*(available from most supermarkets)*
- (100ml) Water
- Ice cubes *(optional)*

## Directions:

- Blend 80g of the fruit with 100ml of water
- Blend until smooth.
- Then serve and enjoy!





# BAKED PLANTAIN CHIPS

## Ingredients:

Green plantain (x2)  
Extra Virgin Olive Oil  
Sea salt  
Black Pepper  
Ginger Powder  
Garlic Granules  
Chilli Powder

## Directions:

1. Pre-heat your oven to 200c
2. Peel the plantain and thinly slice the plantain using a sharp knife or a vegetable peeler.
3. Next season your plantain with a tbsp of Ginger Powder, Garlic Granules and Chilli Powder, Black pepper and Seasalt.
4. Line a baking tray with greaseproof paper then place the plantain on the tray
5. Bake the plantain for around 40 minutes until golden brown and crispy.
6. Serve and enjoy!





# OAT & BANANA PANCAKE

## Ingredients:

Rolled Oats (1 cup/240g)  
Ripe Banana x1  
Water (150ml)  
Date Syrup  
Nutmeg  
Cinnamon  
Coconut Oil  
Fruit

## Directions:

1. In a blender, combine 1 cup (240g) of rolled oats, 1 ripe banana, and 150ml of water.
2. Blend the mixture until it becomes smooth.
3. Transfer the blended mix to a bowl and add 1 teaspoon each of nutmeg, cinnamon, and date syrup.
4. Mix everything in the bowl until well combined.
5. Heat a frying pan over medium heat and add 1 teaspoon of coconut oil.
6. Once the oil is hot, cook your pancakes for about 3 minutes on each side until they turn golden brown.
7. Serve your pancakes with some fresh fruit and drizzle with date syrup.

Enjoy your yummy banana oat pancakes! 🍌🍓

