

VALENTINE'S DAY SHOULD NOT BE RUINED BY LOCKDOWN

3 course meal for Valentines

www.withlovefromthetwins.com

### What you can expect to find

It has being a tough couple of months for all of us, with lock down regulations, many of us losing our loved ones as well as our jobs, we can use a night to relax and unwind.

In times like this, we are always encouraged to stay indoors in order to limit the spread of the virus. So if you would rather stay indoors this Valentine's day, we have curated a three course meal you can whip up for you and your loved one.

Valentines Day is not limited to people in relationships.

Even if you don't have a romantic partner, This is a three course meal you can enjoy with family and friends. We hope you enjoy it.

With Love from the Twins ♥

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### Starter

Smokey chicken and avo queadilla with o3 sundried tomato a mayo

### **Main Course**

Rooibos Beef Curry served with Roti 04

### Dessert

Rooibos Tea Cake O5

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# Smokey chicken and avo queadilla with sundried tomato a mayo

#### **INGREDIENTS:**

6 Wraps (store bought)
6 chicken breasts, skinless and boneless
100g barbecue sauce
2 Tbls liquid smoke
Salt and pepper
150g guacamole
3 avocados, sliced
Lemon juice

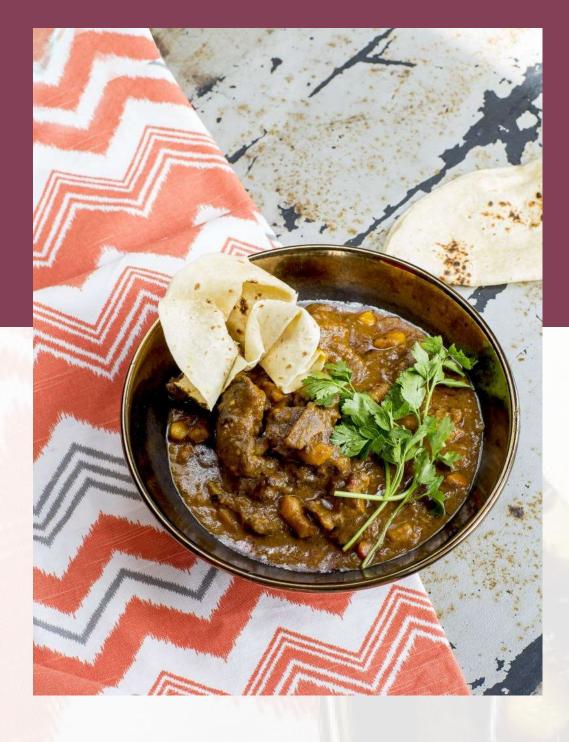
### Sun-Dried Tomato Mayo:

100g Sundried tomatoes, sliced
200g mayonnaise
Salt and pepper
1 Tbls White wine vinegar

#### **METHOD:**

Warm up the wraps in the oven or on the stove-top until just heated. Mix the barbecue and liquid smoke together. Coat the chicken breasts. Season with salt and vinegar.

Grill chicken in the oven for 14-20 minutes at 180 degrees celcius.
Slice avocados and drizzle with lemon juice so it doesn't brown.
To make mayo: mix all the ingredients together
To serve: slice chicken breast.
Spread guacamole onto the wrap.
Top with chicken and avocado slices. Season and serve with mayo on the side



## Tooibos beek curry served with roti

### Ingredients

500g Beef Shoulder, cubed

- 2 Tbs Oil
- 2 Onions, finely chopped
- 2 Carrots, peeled and cubed
- 2 Potatoes, diced
- 2 Tbs Minced Garlic
- 2 Green Chilies, finely chopped
- 2 Tbs Minced Ginger
- 2 tsp Tumeric
- 2 tsp Cumin

### 2 tsp Coriander

- 2 tsp Chili Powder
- 1 Tbs Five Spice
- Salt and Pepper
- 425g Canned Tomatoes
- 2C Strong Rooibos Tea
- 45ml Curry Paste
- 150ml Coconut Cream
- Roti to serve

### Method

In a large saucepan, brown the meat on both sides.

Remove from the heat and set aside.

In the same pan, sauté onions until golden brown.

Add the garlic and ginger, sauté for 2 mins.

Stir in the spices and cook for a further 2 mins.

Add the meat back in as well as the vegetables, adjust seasoning.

Stir in the curry paste and add in the tomatoes and the Rooibos tea.

Simmer for 45 mins, until the meat is tender. Just before dine, stir in the

coconut cream.

Serve with Roti. Garnish with fresh herbs..

### Pooibos tea cake

Serves: 8 Prep time: 35-40 mins

Always make sure your pan is well greased. Always put baking paper at the base of your Pan and grease the sides with either butter or cooking spray. Let the loaf cool down a bit once it's done baking before removing it from the pan, when it's warm it's a bit delicate and is guaranteed to break. Be patient

Recipe is on the next page

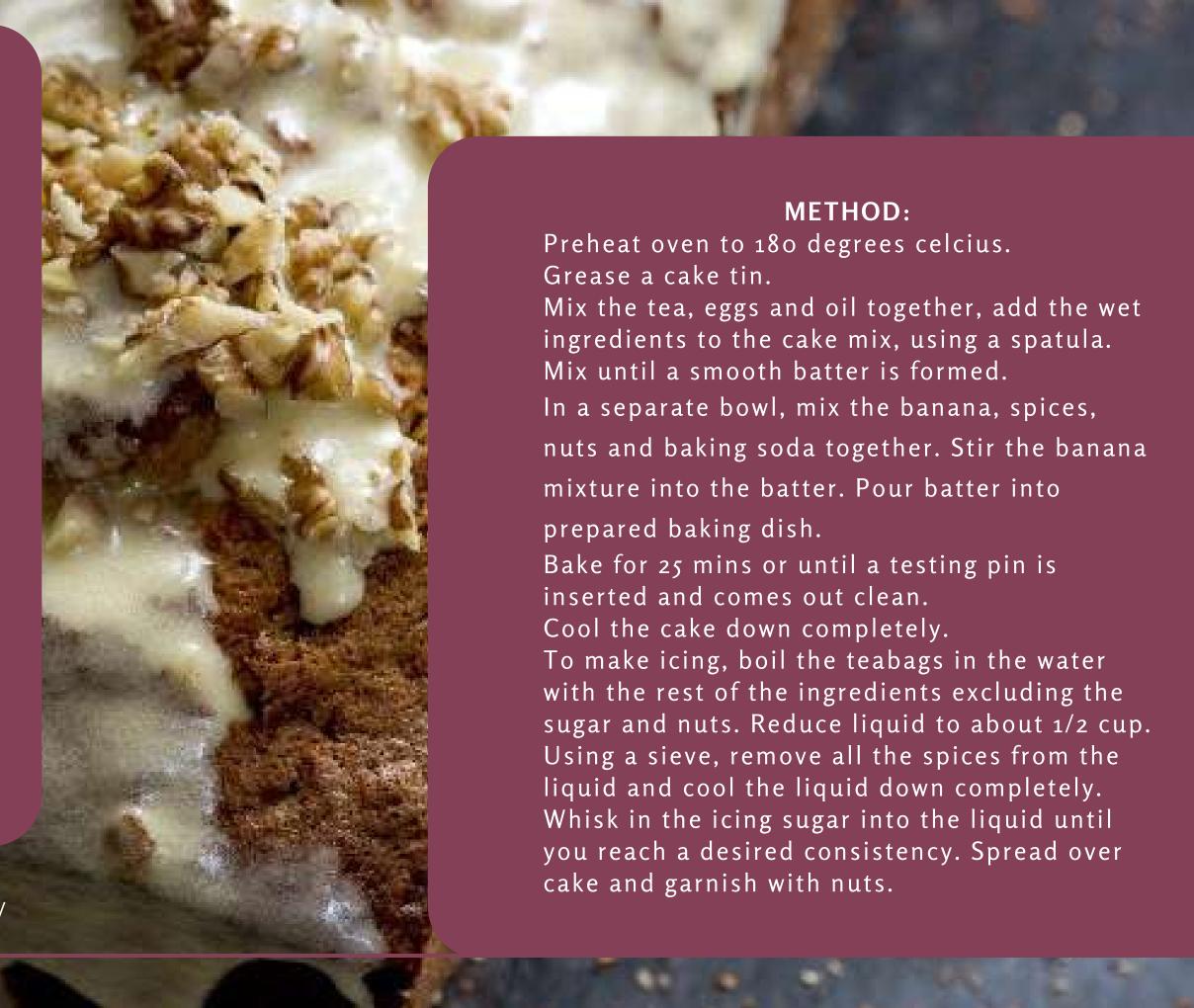


#### **INGREDIENTS:**

500g Vanilla Cake Mix 1C Rooibos Tea, cooled 3 Eggs 1/3C Oil

1 Banana, mashed
2 tsp Ground Cinnamon
1 tsp Ground Nutmeg
1 tsp Ground Ginger
125ml Walnuts, chopped
1 tsp Baking Soda

Icing:
250ml Water
4 Rooibos Teabags
1 Cinnamon Stick
4 Cardamon Pods
4 Cloves
2 Star Anise
Icing Sugar
Chopped Walnuts for topping



http://www.withlovefromthetwins.com/rooibos-tea-cake/

### Who We Are

### **Twins**

We are Tebo and Lebo
Ndala. We are born and bred
in Pretoria, South Africa. We
studied culinary arts at
Stellenbosch. We then
moved to the United States
for a few months and studied
further through the University
of California Los Angeles
Extension.



### Chefs

We love cooking, we absolutely love what we do. Our passion grows with every experience we have. We currently work in the food and media industry, preparing to be the best food editors and food stylists in the world!!!

We are not just chefs, we are creators and artists.



### With Love from the Twins

We started "With Love From
The Twins". We host pop up
restaurants, cater for private
functions and parties We are
a two-women team but we
eventually want to be
become huge and create
jobs for other people who
share the same passion for
food

### The Future

We are very passionate about children, nutrition, mental and physical growth and good health. Our natural instinct is to feed people and because we live in a continent so badly affected by poverty, we feel it is our responsibility to do something about it. Our ultimate goal is to teach Africa to feed itself.

In Food Stories, Tebo and Lebo Ndala share quick and easy meals, while making you laugh. Join them as they go back to their roots with recipes for tripe, chakalaka and chicken feet and learn about their family feast called Seven Colour Sunday.

See how they give an African twist to American dishes, like corn bread, corn dogs and corn burgers, tour to Thailand and enjoy coconut and pineapple fried rice with steamed chicken in banana leaves, experience traditional recipes with a twist when you sit down for spinach and agushi curry with baked jollof rice, and so many other recipes.

All With Love from the Twins.

You can buy the book on www.loot.co.za or any of these book stores:





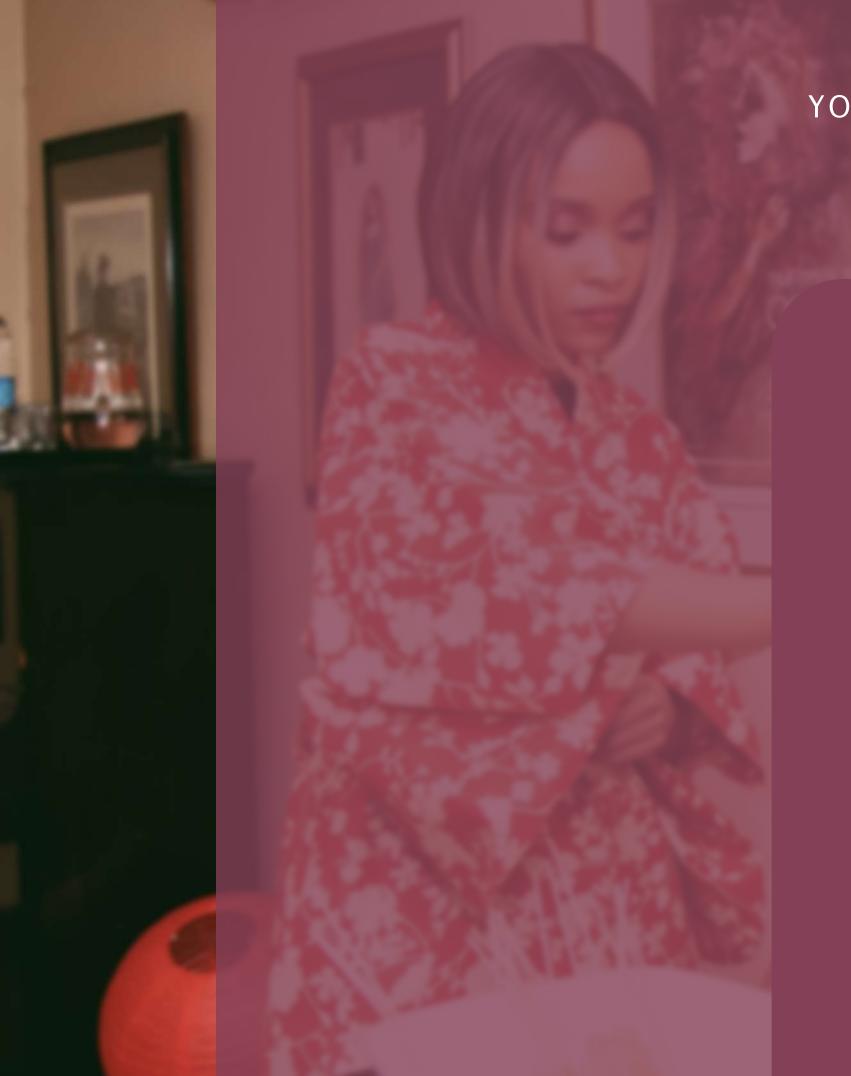


# FOOD STORIES

Our favourite recipes, with love from the twins

### Tebo and Lebo Ndala





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