



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 been a tough couple of months for all of us, with lockdown 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.

Valentine's 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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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



Rooibos beef 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 Chillies, finely chopped
2 Tbs Minced Ginger
2 tsp Turmeric
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..

Rooibos 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



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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

METHOD:

Preheat oven to 180 degrees celcius.

Grease a cake tin.

Mix the tea, eggs and oil together, add the wet ingredients to the cake mix, using a spatula. Mix until a smooth batter is formed.

In a separate bowl, mix the banana, spices, nuts and baking soda together. Stir the banana mixture into the batter. Pour batter into prepared baking dish.

Bake for 25 mins or until a testing pin is inserted and comes out clean.

Cool the cake down completely.

To make icing, boil the teabags in the water with the rest of the ingredients excluding the sugar and nuts. Reduce liquid to about 1/2 cup. Using a sieve, remove all the spices from the liquid and cool the liquid down completely. Whisk in the icing sugar into the liquid until you reach a desired consistency. Spread over cake and garnish with nuts.

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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