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AND STILL WE LAUGH

APRIL UNWRAPPED

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APRIL WRAPPED!!

April was an eventful month, we left the house quite a bit, cooked quite a lot and hugged a whole bunch of people.

We were invited to the Showmax Laugh Africa Comedy Festival and it was absolutely one for the books. What a well put together show, every single comedian was absolutely brilliant. It's true what they say, laughter truly is the best medicine.

We had the honour of also giving our first talk to the 3rd year Consumer Science students at the University of Pretoria. It was a thrilling and kind experience and we loved every single one of those students. To many more, definitely.





More news... we shot something special for Laager Rooibos in collaboration with Mbali, the Urban Dietician. We can't wait for you to meet her, she's love. In this "digital podcast" we talk all things food, nutrition, nostalgic family recipes and comfort eating. We can't wait for you to join us.

We wrote another review for EAT OUT, we won't say much until the review comes out but we had the pleasure of visiting a lovely Asian Fusion restaurant in Johannesburg that we think you're going to drool over. The best part it, the portions are well worth it. You're welcome.

Did you catch our interview on 702 Radio? If not, check out our social media and TikTok for highlights of the interview. Phew!! Now that's all out of the way, here's the recipe of the month. It's a spicy one. Try it and enjoy.



SPICY GARLIC TURKEY SUYA



SUYA SPICE RUB:

- 1 tsp chili flakes
- 2 tsp cayenne pepper
- 4 tsp smoked paprika
- 1 1/2 tsp ground ginger
- 1 tsp ground nutmeg
- 2 tsp garlic powder
- 1 tsp ground cloves
- 1 tsp ground cumin
- 1 tsp ground cinnamon
- 1 tsp salt
- 4 sprig thyme

Mix all the suya spice rub ingredients together in a small bowl.

Store in an airtight spice jar.

TURKEY:

500g turkey meat, cubed

3 cloves garlic, grated

2 Tbls palm oil

3-4 Tbls suya spice rub

Mix the suya spice rub with oil and grated garlic.

Rub the paste into the meat to tenderise.

Leave in the fridge for 1-2 hours or overnight.

Grill meat over medium coals for 7-10 minutes on each side,
until well cooked.

Enjoy!





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