

Githeri bean stew



Serves 4

A simple Kenyan dish full of flavour and spice

Ingredients

1 onion, finely chopped
2 cloves garlic, crushed
A small knob of ginger, finely chopped
1 can red kidney beans, drained and rinsed
1 can sweetcorn
2 tbsps. tomato puree
1 tsp. curry powder
1 tsp. smoked paprika
½ tsp. chilli powder
Salt and pepper to taste
1 tbsp. oil

Method

1. Heat the oil over a medium heat in a large saucepan and add the chopped onion, garlic and ginger. Fry for 5 minutes before adding the curry powder, chilli flakes and smoked paprika
2. Stir well and then add the tomato puree, beans, sweetcorn and a 1 cup of water
3. Season with salt & pepper then cover the pot and allow to cook for about 15mins
4. Serve with freshly cooked rice and your chosen vegetable

Top tips

- If spice is not your thing, leave them out
- This dish tastes good with other spices such as cumin and/or coriander powder

Sweetcorn fritters



Serves 6

Perfect for a side or snack

Ingredients

1 tin of sweetcorn, drained
30g plain flour
1 egg
1 tsp. of herbs

Method

1. Place all the ingredients into a bowl and with a hand blender, blend half the mixture into a thick batter ensuring that the other half has remained whole so the fritter has some texture to it
2. Heat a non-stick frying pan with a little oil, create 3-4 fritters by placing 3-4 heaped tbsps. of the batter into the frying pan
3. Fry for two/three minutes. When you can see some bubbles appear in the mixture and the bottom has set you will be able to lift the fritter with your spatula and turn it over
4. Fry the next side until set, best served warm

Top tips

- For an Asian take, replace the herbs with chilli and spring onions
- You can use a gluten free flour instead of wheat flour should you need too



Cheese sauce with pasta

Serves 4

A quick and simple dish for all the family

Ingredients

2 tbsps. butter
2 tbsps. plain flour
400ml milk
½ tsp. grated nutmeg
80g Cheddar, grated
20g parmesan, grated
350g pasta

Method

1. Cook the pasta in a large pan of boiling salted water for 8-10 minutes until almost cooked
2. For the cheese sauce melt the butter in a pan, add the flour, whisk and cook for 2 minutes. Gradually stir in the milk, making a thick white sauce. Season, then add the nutmeg and cheeses
3. Allow to cook a further minute or two. Add more milk if you would like the sauce a little runnier
4. Mix the cheese sauce with the pasta and serve with a vegetable of choice

Top tips

- You could add sweetcorn or garden peas to the sauce
- You can replace the Cheddar cheese for any other hard cheese you have in your fridge



French Toast

Serves 2-4

A great breakfast alternative to cereal using up left-over bread

Ingredients

1 egg
½ tsp. ground cinnamon
125ml milk
4 slices bread

Method

1. Beat the egg and cinnamon in shallow dish and stir in the milk
2. Dip the bread in the egg mixture, turning to coat both sides evenly
3. Add a little oil or butter to a frying pan and cook the bread slices on a medium heat until browned on both sides
4. Serve with berries

Top tips

- Cinnamon is a great way to add sweetness without the need for sugar
- You can vary the dish by changing the accompanying fruit
- Use wholemeal bread for extra fibre and nutrients