

INNOVATIV[®]

— EATING INN STYLE —



Shanaaz N Parker

Pick n Pay
Inspired by you

CONTENTS

AUTHOR ACKNOWLEDGEMENTS		6
MESSAGE FROM GENERAL MANAGER PICK N PAY		7
GETTING THE BEST OUT OF THIS BOOK		8
CONVERSION CHARTS		9
FOREWORD		10
MESSAGE FROM THE DESK OF SUZANNE		11
RAMADAAN MUBARIK		12
INTRODUCTION		14
THE HEART AND STROKE FOUNDATION		15
INNOVATIV' WAY TO FASTING		16
A WORD FROM OUR DIETICIAN		17
SAUM – DAY OF FASTING		18
NUTRITIOUS START-UP BOOSTERS	- CHAPTER 1	20
PLEASINGLY SATISFYING BOOSTERS	- CHAPTER 2	36
SATIATING PIQUANT SAVOURIES	- CHAPTER 3	52
RELISHING TANTALIZING SAVOURIES	- CHAPTER 4	68
APPEASING LUSCIOUS SWEETS	- CHAPTER 5	86
DIVINE INDULGING SWEETS	- CHAPTER 6	100
ENCHANTING LIGHT MEALS	- CHAPTER 7	120
GRATIFYING MAIN MEALS	- CHAPTER 8	140
SO-FIZZ-TICATION CELEBRATION MEALS	- CHAPTER 9	158
INNOVATIV' - THE UPPER CRUST	- CHAPTER 10	182
EID-UL-ADHA		200
MESSAGE FROM THE CHIEF BUYER		203
SHOPPING LIST		204
COOKING & BAKING TERMS		206
INDEX		208

NUTRITIOUS START-UP BOOSTERS





MUESLI BERRY DELIGHT

An appetizing energy mix

- 12 medium strawberries, sliced
- 1 punnet raspberries, halved
- 200g Bokomo Muesli Raisin Cluster
- 400g Danone Nutriday Low Fat Smooth Yoghurt, plain
- 400ml Clover Great Taste No Fat, milk honey to drizzle

In 4 tall glasses, pour a layer of yoghurt; add a layer of muesli then top with a layer of berries.
Repeat layering, retaining a few berries for decorating.
End off with a layer of yoghurt.
Pour 100ml milk over yoghurt in each glass and decorate with left-over fruit.
Serve immediately.
Any fresh fruit may be substituted.
Serves 4

Nutritional Information per Serving

Description	Amount
Energy (kJ)	1399
Total protein (g)	10.9
Carbohydrate, avail. (g)	34.1
Total fat (g)	13.61
Saturated FA (g)	3.62
Mono-unsaturated FA (g)	3.91
Polyunsaturated FA (g)	6.08
Cholesterol (mg)	10
Total dietary fibre (g)	6.3



ORANGE AND PINEAPPLE-FLAVOURED FRIED BANANAS

So original - yet with a twist

30ml polyunsaturated margarine
100ml Clover Life Nectar Orange Juice
60ml brown sugar
8 large bananas
1 orange, for rind
30ml flaked almonds

To serve
120ml Danone Nutriday Low Fat
Smooth Yoghurt, pineapple
extra brown sugar & almonds,
for sprinkling

In a large frying pan, melt margarine; add sugar and orange juice and cook for 4min. over low heat.

Peel bananas and slice in half lengthwise.

Pour half of the syrup into a second pan.

Divide bananas into the 2 pans and spoon some of the pan juices over the fruit. Sprinkle with a little brown sugar and place lids on pans for 2min.

Remove lids and continue to fry till bananas are brown and soft, turning once.

Divide bananas between 6 plates.

Sprinkle with almonds and drizzle with pan juices.

Serve with yoghurt and extra sugar, if desired.

Serves 6

Nutritional Information per Serving

Description	Amount
Energy (kJ)	923
Total protein (g)	3.9
Carbohydrate, avail. (g)	34.5
Total fat (g)	5.26
Saturated FA (g)	2.15
Mono-unsaturated FA (g)	2.43
Polyunsaturated FA (g)	0.68
Cholesterol (mg)	9
Total dietary fibre (g)	3.0



INNOVATIV' OATS, SEED AND FRUIT CRUNCHY MUESLI

A real crunchy medley

7x250ml	Bokomo Oats
250ml	Snowflake Digestive Bran
250ml	mixed nuts, roughly chopped
250ml	sunflower seeds
250ml	sesame seeds
250ml	canola oil
250ml	hot water
250ml	honey
100ml	cranberries, dried
100ml	seedless raisins
250ml	Moir's Coconut, toasted

Preheat oven to 140°C and coat 2 baking sheets with non-stick cooking spray.

Mix together oats, bran, nuts and seeds.

Blend oil, hot water and honey; add to dry ingredients and mix well.

Spread mixture onto baking sheets and bake for 15-20min.

Reduce heat, stir muesli and bake for a further 30min.

at 100°C. Turn off the oven and leave the door ajar.

Allow mixture to cool in oven. When thoroughly cooled, stir in cranberries, raisins and coconut.

Store in an airtight container.

Serve with fresh fruit and yoghurt.

Yields 35-40 servings

Nutritional Information per Serving	
Description	Amount
Energy (kJ)	1290
Total protein (g)	3.6
Carbohydrate, avail. (g)	22.5
Total fat (g)	20.72
Saturated FA (g)	4.11
Mono-unsaturated FA (g)	10.36
Polyunsaturated FA (g)	6.25
Cholesterol (mg)	0
Total dietary fibre (g)	2.4

HOMEMADE ALMOND TOASTED MUESLI

Favourite for a healthy breakfast

150ml	honey
100ml	Clover Life Nectar
	Orange Juice
500ml	Bokomo Oats
250ml	Snowflake Digestive Bran
250ml	Moir's Coarse Coconut
125ml	sesame seeds
200g	raisins
100g	pumpkin seeds
100g	flaked almonds

Preheat oven to 100°C.

Heat honey with orange juice over low heat.

Mix all other ingredients together; pour honey mixture over and stir in gently.

Place on an oven tray and bake, uncovered, for 45-60min. until toasted and golden.

Allow to cool. Keep in an airtight container.

Serve with plain low fat yoghurt, topped with fruit and drizzled with honey.

Serves ±25

Nutritional Information per Serving	
Description	Amount
Energy (kJ)	989
Total protein (g)	6.4
Carbohydrate, avail. (g)	23.9
Total fat (g)	8.12
Saturated FA (g)	2.80
Mono-unsaturated FA (g)	2.35
Polyunsaturated FA (g)	2.97
Cholesterol (mg)	0
Total dietary fibre (g)	8.4



FETA BEEF PATTY BURGER

The ol'e fashioned fiesta

Patties

400g	lean beef mince
1	medium onion, chopped
15ml	Robertsons Crushed Garlic
1	green chilli, chopped
5ml	Robertsons Whole Black Peppercorns, freshly milled
10ml	Robertsons Barbeque Spice
150g	stale breadcrumbs
1	egg white
60g	Clover Feta Traditional Black Pepper Cheese, crumbled
30ml	canola oil, for frying

For Burgers

4	large whole wheat burger rolls
1	medium onion, cut into rings
1	small English cucumber, sliced

Combine all patty ingredients, except feta, in a large bowl; mix well.

Add feta and lightly mix through with a fork.

Shape into 4 flat large patties.

In a large pan, heat oil and gently place patties in pan. Fry until cooked through and lightly brown on both sides.

Drain on absorbent paper.

To assemble

Cut burger rolls in half.

Place each patty onto base of roll, top with onion rings and cucumber and close with top of roll.

Serves 4

Nutritional Information per Serving

Description	Amount
Energy (kJ)	2446
Total protein (g)	31.8
Carbohydrate, avail. (g)	50.8
Total fat (g)	22.3
Saturated FA (g)	9.43
Mono-unsaturated FA (g)	9.77
Polyunsaturated FA (g)	3.1
Cholesterol (mg)	132
Total dietary fibre (g)	4.8



SPICY MOROCCAN OVEN-BAKED SAMOOSAS

Crispy, spicy triangles - what we all must have

30ml	canola oil
500g	steak mince
45ml	ginger and garlic paste
3	medium onions, finely chopped
4	green chillies, finely chopped
2	jalapenos, chopped
15ml	Robertsons Ground Cumin
10ml	Robertsons Ground Turmeric
15ml	Robertsons Cayenne Pepper
30ml	lemon juice
	salt to taste
1	lemon, for rind
100g	slivered almonds, toasted and chopped
1	bunch dhania leaves, chopped
1x500g	phyllo pastry
	non-stick cooking spray

Preheat oven to 200°C. Coat baking sheet with non-stick cooking spray.

In a large pot, heat oil. Add mince, ginger and garlic; braise for 5min.

Add rest of ingredients, excluding rind, almonds and chopped dhania.

Cook until moisture has evaporated and mince is browned and cooked. Remove from heat and allow to cool.

Add rind, almonds and dhania.

On a flat surface, place a sheet of phyllo pastry and spray with non-stick cooking spray. Repeat procedure twice. Keep extra pastry covered with a clean damp cloth.

Cut pastry into four strips lengthwise. Place a tablespoon of mince mixture at the end of each strip, about 10cm away from edge. Fold corner of pastry diagonally across the filling to the other edge to form a triangle. Continue folding to the end of the strip, taking care to keep the triangular shape.

Brush the end of the pastry lightly with canola oil and seal. Repeat process until all mixture and pastry has been used.

Keep triangles covered with a damp cloth.

Bake for 10-15min. or until lightly golden.

Serve with chutney and dips.

Yields 40 samoosas

Nutritional Information per Serving

Description	Amount
Energy (kJ)	557
Total protein (g)	5.8
Carbohydrate, avail. (g)	6.0
Total fat (g)	9.4
Saturated FA (g)	2.29
Mono-unsaturated FA (g)	4.84
Polyunsaturated FA (g)	1.78
Cholesterol (mg)	13
Total dietary fibre (g)	0.6



PHYLLO TULIPS WITH RICOTTA GLAZED FRUITS

Special and absolutely luscious

20	sheets phyllo pastry
60ml	icing sugar
200ml	La Campania Ricotta Cheese
	strawberries
	raspberries
	kiwi fruit
	passion fruit
	gooseberries
100ml	Rhodes Apricot Jam

Preheat oven to 180°C. Spray 2 muffin pans with non-stick cooking spray.

Cover phyllo pastry sheets with a damp cloth to prevent drying out.

Place first layer of phyllo onto greaseproof paper and spray lightly with cooking spray.

Place a second sheet on top of first, spray again. Repeat until there are 4 layers of phyllo.

Cut into equal sized squares of approx. 12cm.

Place phyllo squares into muffin pans. Place another square on top of the first one to create 8 points.

Press down and spray the sides of tulip shell with cooking spray. Continue till all phyllo is used.

Bake for 8-10min. until golden brown. Allow to cool. Remove tulips from pans.

In a bowl, cream ricotta till smooth. Place a dollop in centre of each tulip and top with an array of mixed fruits.

Heat the jam in microwave and brush fruits gently to glaze. Leave to set.

Serve individually or with low fat ice cream.

Yields 24 phyllo tulips

Nutritional Information per Serving

Description	Amount
Energy (kJ)	667
Total protein (g)	1.5
Carbohydrate, avail. (g)	15.0
Total fat (g)	8.63
Saturated FA (g)	5.85
Mono-unsaturated FA (g)	2.52
Polyunsaturated FA (g)	0.26
Cholesterol (mg)	27
Total dietary fibre (g)	0.8



COCONUT WALNUT GLAZED BERRY PIE

An irresistible crustless pie

375ml	Clover Great Taste No Fat, milk
250ml	sugar
250ml	Moir's Coconut
125ml	Snowflake Cake Flour
125ml	walnuts, chopped
50ml	butter
6	large eggs
5ml	Moir's Baking Powder

Topping

1	punnet raspberries (optional)
6	strawberries, fanned out
100ml	Rhodes Strawberry Jam

Preheat oven to 160°C and coat 8 ramekins with non-stick cooking spray.
In a food processor, blend all ingredients well.
Pour into ramekins and bake in a bain marie (oven tray half filled with water) for 45-60min. till golden.
Cover with foil if pie browns too quickly and is not cooked through.
Remove from oven and cool pie for 15-20min. to set.

Topping

Cut strawberries fan-style.
Keep raspberries whole.
Melt strawberry jam in microwave for a few seconds.
Pile raspberries on walnut pie and place a strawberry on top.
Brush with melted strawberry jam. Allow to cool completely till set.

Serves 8

Nutritional Information per Serving	
Description	Amount
Energy (kJ)	1914
Total protein (g)	9.7
Carbohydrate, avail. (g)	55.5
Total fat (g)	17.90
Saturated FA (g)	13.05
Mono-unsaturated FA (g)	3.93
Polyunsaturated FA (g)	0.92
Cholesterol (mg)	208
Total dietary fibre (g)	3.2



WICKED CHOCOLATE PANCAKE WITH STRAWBERRIES

Undeniably wicked - sweet and luscious

150g Snowflake Cake Flour
30ml Nestlé Cocoa
10ml castor sugar
2 eggs
350ml Clover Great Taste No Fat, milk
15ml Moir's Caramel Essence
5ml Moir's Chocolate Essence
50g margarine, melted

Chocolate Sauce

60g light brown sugar
200ml golden syrup
150g Nestlé Milk Chocolate, chopped
150ml Clover Fresh Cream
5ml Moir's Chocolate Essence

Filling

1 tub smooth cottage cheese
1 punnet strawberries, cut into quarters
whole strawberries, extra

Sauce

Place brown sugar and golden syrup in a medium saucepan and bring to the boil over low heat, stirring constantly so that sugar does not scorch. Remove from heat and add chocolate and essence; stir for chocolate to melt. When mixture is smooth, stir in cream and leave to cool. If mixture needs to be runny, heat slightly, until just warm.

Filling

In a medium sized bowl, smooth cottage cheese and add strawberries; mix together. Keep aside until required.

Pancakes

Sift the flour, cocoa and sugar into a bowl. In a separate bowl, whisk together eggs, milk, essence and margarine till frothy. Make a well in the centre of flour and gradually pour milk mixture into well, adding the dry ingredients from the side of the bowl to form a smooth batter. Allow to stand for at least an hour. Heat a non-stick crepe pan, coat with cooking spray and brush with a little melted butter. Pour about 45ml batter into pan and swirl to cover the base. Cover with lid and cook for 1-2min. until base is golden; turn over and cook for 30sec. Turn pancake onto a plate. Repeat till all batter is used, stacking pancakes on plate with greaseproof paper inbetween.

To assemble, place a pancake on a plate. Smooth filling onto pancake and fold into a triangle; pour sauce over pancake. Top with a strawberry sliced into a fan-shape. Serve immediately.

Yields 20-25 pancakes

Nutritional Information per Serving	
Description	Amount
Energy (kJ)	613
Total protein (g)	2.3
Carbohydrate, avail. (g)	18.8
Total fat (g)	5.86
Saturated FA (g)	3.56
Mono-unsaturated FA (g)	1.94
Polyunsaturated FA (g)	0.36
Cholesterol (mg)	18
Total dietary fibre (g)	0.6

