

## Mzansi Style Meals 3 Ways

### Cheesy Bolognese Pap Cake:

#### Ingredients:

- 6 cups cooked maize meal
- 1 tbsp olive oil
- 2 cloves garlic, crushed
- 2 onions, diced
- 750g beef mince
- Knorr Tomato Base dry cook-in-sauce
- 1 - 2 cups water
- 2 cups cheddar cheese, grated
- Basil leaves, to garnish

#### Method:

1. Preheat the oven to 180°C.
2. Heat olive oil in a frying pan over a high heat.
3. Add the crushed garlic and onion and cook for 3 minutes or until transparent.
4. Add the beef mince and cook, stirring, until browned.
5. Add the Knorr Tomato Base dry cook-in-sauce and the water, simmer for 10–15 minutes or until the sauce has thickened and most of the moisture has cooked away. Set aside.
6. Grease a springform cake tin.
7. Spread 1 ½ – 2 cups of cooked pap into the bottom of the cake tin. Using a spatula spread the pap evenly.
8. Spread an even layer of the mince mixture over the pap layer, top with ½ cup of grated cheddar cheese.
9. Repeat with a second layer of pap followed by another layer of mince and ½ cup cheese.
10. Add a final third layer of pap, spread evenly.
11. Bake for 30 minutes, remove the cake tin from the oven and sprinkle the remaining cheese over the top.
12. Bake for a further 15 minutes.
13. Remove from the cake tin and serve with fresh basil leaves. ENJOY!

### Vetkoek with a Cheesy Meatball Center:

#### Ingredients:

##### For the vetkoeks:

- 500g beef mince
- ½ a sachet of Knorr Tomato Base dry cook-in-sauce
- 8 small cubes of cheddar cheese
- 500g of ready-made, store bought bread dough

##### For the tomato relish:

- 1 tbsp olive oil
- 1 garlic clove, crushed
- 1 onion, sliced
- 1 tomato, diced
- ½ sachet of Knorr Tomato Base dry cook-in-sauce
- ¾ cup water

Yield: 8 Vetkoeks

For the vetkoeks:

1. In a large mixing bowl, combine the beef mince with half a sachet of Knorr Tomato Base dry cook-in-sauce. Mix until well combined.
2. Flatten the beef mixture in the palm of your hand, place a cube of cheese in the center, wrap the beef mince around the cheese to seal.
3. Pan fry the meatballs until browned, evenly on all sides. Set aside to cool
4. Divide the dough into 8 balls.
5. Flatten each dough ball in your hand, place the meatball into the center and wrap the dough around the meat to form a ball.
6. Repeat for each of the vetkoeks.
7. Deep Fry the vetkoeks in hot oil until golden and cooked through, turning all the while. Cook each vetkoek for roughly 2 – 3 minutes per side.
8. Place onto paper towels to drain excess oil.

For the tomato relish:

1. In a small pot, pan fry the onion and garlic in oil until translucent.
2. Add the diced tomato to the pan along with remaining ½ sachet of Knorr Tomato Base dry cook-in-sauce and the water.
3. Allow the mixture to simmer over a medium heat and thicken for 5 minutes. Remove from the heat and set aside.

To serve:

1. Serve the vetkoeks stacked in a pile on a plate, with a side of tomato relish, ENJOY!

## Veggie Bredie Mug Pies

Ingredients:

- 1 tbsp olive oil
- 1 onion, diced
- 1 garlic clove, crushed
- 2 carrots, peeled and diced
- 2 large celery stalks, cut into large pieces
- 1 cup butternut, cubed
- 1 cup mushrooms, sliced
- Knorr Tomato Base dry cook-in-sauce
- 2 tbsp Worcestershire sauce
- 1 tbsp chutney
- 2 - 3 cups water

- ½ cup frozen peas
- 1 roll of puff pastry
- 1 egg
- Fresh parsley to serve

Yield: 6 pies

Method:

1. In a large pot, heat the olive oil.
2. Add the onion and garlic and fry until translucent.
3. Add the diced carrot, celery and butternut.
4. Season with salt and pepper and sauté for 10 minutes.
5. Add the mushrooms and the Knorr Tomato Base dry cook-in-sauce together with 2 – 3 cups of water, the Worcestershire sauce and the chutney.
6. Simmer until vegetables are tender and the sauce has thickened, 20 - 25 minutes.
7. Add the frozen peas and cook for another 5 minutes. Remove from the heat and set aside.
8. Preheat the oven to 180°C.
9. Roll out the pastry using a rolling pin and flour.
10. Use the top of an enamel mug to cut out discs of puff pastry and set aside. Pour the vegetable stew evenly into the mugs.  
Place a pastry disc on top of each enamel mug and egg-wash.
11. Bake in the oven for 20–30 minutes, or until the pastry is golden.
12. Serve hot out of the oven with a sprinkling of fresh parsley and ENJOY!