

XCentric Ideas

**30 minutes or
less ... meal is
served ...**



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by

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Eat in less than 30 minutes ...

What's the secret to serving a meal within 20 – 30 minutes?

A bit of planning.

Buy ready-cut vegetables – yes, it will cost you more, but it's healthy and will save time.

Use quick basics – eg: couscous, pasta, rice, buns, bread, tortilla wraps, oats

I'm not spoon feeding you – if a recipe has an ingredient you don't like or can't eat, use something else instead.

5 Minutes

Instant noodle soup

1 x packet instant noodles
1 x sachet Cup a Soup
Leftover cooked vegetables, chopped
Boiling water

Remove the seasoning sachet from the noodle packet (keep for another day.)

In plastic container with tight lid, break the raw noodles, cover with boiling water, put lid on and wait for 5 minutes. While waiting for noodles, heat your vegetables in microwave. Drain noodles. In porridge bowl, add the Cup a Soup powder, add boiling water (as much as you prefer) and stir – add vegetables and noodles.



Recipe and photo: Alma Pretorius

Cucumber / Baby marrow 'pasta'

10 - 15 Minutes



Note: for gluten-intolerance – use this instead of normal pasta

English cucumber or Baby Marrow/Zucchini

Sauce (any sauce)

Vegetables, chopped

Protein, chopped

Cheese, grated

With your potato peeler, peel the cucumber/marrow to form ribbons. Let them soak in boiling water, while you prepare your vegetables/protein. Drain the ribbons, add sauce and veg/protein and cheeses ... enjoy.

Basil Pesto & Baby Tomato Pasta



12 - 15 Minutes

Shell or screw noodles*

Basil pesto

Fresh baby tomatoes, sliced in half

Grated cheese

Salt and pepper

Boil your noodles. Stir in the pesto and tomatoes – season to taste and top with cheese.

**Gluten intolerant? Use baby marrow ribbon pasta. It will take 5 minutes.*

Beef/Chicken mushroom pita

10 - 15 Minutes



Pita breads

Beef strips (or other protein)

1 x packet Royco Thick 'n Creamy Sauce – Wild Mushroom*

Boiling water

Oil

Salt, pepper

Heat the pita breads slowly in oven. Fry the beef strips (or other) till done. Season. Make the sauce according to the sachet, add to the beef strips (or other protein), stir. Spoon the mixture into pita breads and serve with lettuce and tomatoes.

**Any sauce can be used.*

Vegetarian – fry vegetables instead of protein.

5 - 10 Minutes

Nachos (1)



Beetroot crisp nachos -
<https://www.craveon.net/recipes>



Big Korn Bites crisp nachos



Cucumber slice nachos
<https://www.sugarfreemom.com/recipes/healthier-chip-free-nachos/>

Nachos can be as healthy or unhealthy as YOU choose!!

For single servings, place your 'nachos' on a microwavable plate, add toppings and microwave on High till cheese (any cheese) is melted.

For bigger portions, use a baking sheet – place everything on sheet and into a preheated oven till cheese is melted.

Use vegetable crisps (buy them in shops)

Use Big Korn Bites, Doritos, Tortilla chips

Use sliced cucumber / baby marrow / zucchini

Use raw bell pepper squares

5 - 10 Minutes

Nachos (2)



Rice cake nachos -
<https://fullforlife.com/recipe/rice-cake-nachos/>

Rice cracker nachos -
<https://www.bewellwitharielle.com/lunch-2/gluten-free-loaded-nachos>

Popcorn nachos -
<https://www.bigoven.com/recipe/nacho-popcorn/156439>

Be creative in using Tortilla chip substitutes

For single servings, place your 'nachos' on a microwavable plate, add toppings and microwave on High till cheese (any cheese) is melted.

For bigger portions, use a baking sheet – place everything on sheet and into a preheated oven till cheese is melted.

Toppings can be ANYTHING! Cooked and chopped vegetables, cooked cubed chicken, cooked sliced sausage, tinned tuna, cooked steak strips, cooked mince, etc.

Use rice cakes

Use rice crackers

Use popcorn



Pancake Cannelloni

Pancakes
Relish of your choice
Filling of your choice
Grated cheese

15 - 20
Minutes

Make pancakes – or if you’re lazy, buy pancakes WITHOUT CINNAMON SUGAR! You can either microwave this dish or heat it in oven.

Start with a relish of your choice on bottom, fill your pancakes with filling of your choice – roll it and place on top of relish, spread more relish on top, sprinkle with (any) cheese and heat. Serve with fresh salad.

Recipe and Photos: Alma Pretorius

Couscous salad

You can use any
chopped / sliced
ingredients

5 Minutes



½ - 1 cup raw couscous*

½ - 1 cup boiling water*

Raw spinach, chopped

Grated carrot

Tinned kidney beans (drained - not rinsed)

Cooked peas

In container with lid, pour the raw couscous and boiling water – mix, cover and wait for 5 minutes. Fluff the couscous with a fork, add vegetables (and/or protein) and dressing.

Dressing:

¼ cup white sugar

¼ cup white vinegar

¼ cup sunflower oil

Salt, pepper to taste

Beat together and stir into prepared couscous and veg. Double ingredients for bigger portions.

***Note: use equal amounts of raw couscous and boiling water – depending on how many people.**

Recipe and Photo: Alma Pretorius

15 Minutes

Curry couscous

Note: use veg and protein (or no protein) to your taste

- ½ - 1 cup raw couscous*
- ½ - 1 cup boiling water*
- 4 tsp oil
- ½ cup curry paste
- 1 can coconut milk
- ¼ cup sugar
- ½ cup each of frozen peas & corn
- 1 tbsp parsley, chopped
- Packet deboned, skinless chicken breasts, cubed

In pot on stove, heat oil - add curry paste and sauté until fragrant. Add coconut milk, chicken, corn, peas, sugar and parsley and cook for 10 minutes until all flavours are blended. In container with lid, pour the raw couscous and boiling water – mix, cover and wait for 5 minutes. Fluff the couscous with a fork. Serve with curry.

***Note: use equal amounts of raw couscous and boiling water – depending on how many people.**



Recipe and Photo: Alma Pretorius

10 Minutes

Mushroom burger



Note: these are perfect for gluten-intolerance and is really filling.

Big mushrooms (2 per person)

Filling of your choice

Fry the mushrooms in oil/butter till soft. Add your fillings and enjoy your burger!

Pasta dish

Use vegetables and protein of your choice

15 Minutes

- Dry pasta
- Boiling water
- Sauce of your choice OR pesto
- Protein (or not) of your choice
- Cut cooked / raw vegetables
- Cheese - optional

In deep microwave bowl, place spaghetti – cover it with boiling water (water to be about 2 cm above pasta) – leave bowl open, microwave on High for 12 minutes. Drain.

While pasta is boiling, stir-fry vegetables (and/or protein) in a sauce of your choice.

Or only use pesto on the hot, drained pasta.



Tortilla or Pita meal

5 Minutes



Tortillas / Pita breads

Filling of choice (cut vegetables, cooked protein)

Sauce of choice

Stir-fry precut vegetables (or use them raw) and protein (if using any), add a sauce, heat and spoon it into warmed up pita breads or Tortilla wraps.

Savory Oats

10 Minutes

Oats is perfect for a
savory dish!



1 cup raw Jungle Oats / Quaker Oats
4 tsp stock granules of your choice
2 cups boiling water
2 handfuls fresh baby spinach leaves
Egg

Mix oats, stock & boiling water in microwaveable dish with a lid. Micro on High with a lid for 2 minutes. Add the spinach leaves, micro on High with a lid for another minute, watching the oats to make sure they don't overflow the dish.

Once the oats are as thick as you'd like (you can cook for a little longer to get the texture you want), remove the dish.

Top with cooked egg or other protein, vegetables or cheese.

Recipe and Photo: Alma Pretorius

Pita Pizza

10 Minutes



Baking sheet (or oven dish)

Pita breads

Pizza/pasta sauce (or a mix of Tomato Ketchup (All Gold) and spices OR pesto OR hummus OR mayonnaise

Toppings of choice

Grated cheese

Preheat oven to Grill. Place pita breads on baking sheet (or plate), spread with sauce of your choice (and toppings, if you want) and top with cheese. Place under the grill till cheese is melted.

Sausage Pasta

15 Minutes



- 1 x packet boerewors (‘cause sausage has spices in already)
- Dry pasta of your choice*
- 1 x jar pasta sauce (or sauce of your choice)
- Grated cheese
- Oil for frying

While your pasta is cooking, in a pan on your stove – remove short bits of filling from your boerewors ‘casing’ and fry in oil till done. Add the pasta sauce and heat – drain your cooked pasta, mix with sausage and sauce and top with cheese. Serve with fresh salad.

**Pasta cooking tip – in microwavable deep dish, place raw pasta – add boiling water to cover pasta with 3-4 cm, microwave on High without lid for 12 minutes.*

Spaghetti Bolognese

15 Minutes



Raw spaghetti
1 small packet of mince
1 x 400 g jar pasta sauce (or sauce of choice)
1 onion, chopped
Mushrooms, optional
Salt, pepper

Cook your spaghetti as per instructions. While your spaghetti is cooking – fry the onion, mince and mushrooms. Season. Stir in the pasta sauce. Put lid on, simmer on low heat till your spaghetti is cooked. Drain spaghetti, stir into your Bolognese sauce. Serve with fresh salad.

Chicken Red Curry

20 Minutes



- 1 cup cooked chicken, deboned, cut into pieces
- 1 cup frozen mix veg, soaked in boiling water for few minutes
- 1 cup coconut milk / cream
- Red curry paste – 2 to 4 tsp, depending on your taste
- Salt, pepper
- Few drops lemon juice

In pan/pot, add all the ingredients. Bring to a boil. Taste and adjust seasoning. Put lid on and let simmer for at least 20 minutes.

When you start to prepare this, put your rice on, or serve this curry with couscous, bread, poppadums or pasta.

Chicken Green Curry with Cashews

20 Minutes



500 g skinless, boneless chicken breasts, chopped
1 - 3 tablespoons green /red curry paste (according to taste)
1 can coconut milk/cream
Cauliflower florets
Salted and roasted cashews

In frying pan, over medium heat, sauté green curry paste for 1 minute. Add chopped chicken pieces and cauliflower and cook, stirring occasionally, for about 5 minutes. Add the coconut milk and simmer for 10 – 20 minutes.

Serve with rice, couscous, pasta (or banting options), sprinkle cashews on top.

Recipe and Photo: Alma Pretorius