



TIME TO BRAAI

WITH CHEF ADNAN

Hello once again good people, I hope I find you well and healthy regards to the Covid-19 pandemic. Do get your Vaccine jabs & increase your chances of fighting this virus. This week's issue I will be talking about outdoor dining which brings people together i.e (braai, chisanyama, Gochi gochi).

Braais' are a great way of bringing people together, be it family of friends by way of sharing fire roasted meat, sides and of cause the joy bringer Alcoholic drinks. Here are some sides and Drinks you can accompany your roasted meat with.

ITALIAN PASTA SALAD

RECIPE

For this one you will need to combine the following:

Ingredients

- A bowl of cooked pasta
- Crosse & Blackwell Mayonnaise
- 1 cup of chopped Green & red pepper
- 1 can of drained sweet corn
- Half cup of chopped fresh parsley
- 3 tablespoons sweet chilli sauce
- Season with black pepper
- Once combined, chill in the fridge until serving time
- Tip; Boil the pasta in water with Thyme , salt,oil and grated garlic.
- Do try the different types of pasta available e.g , Fusilli , Penne, Pasta Spirals ,Shell pasta



SALSA

Salsa is a common salad in the Caribbean, Portuguese – Spanish cultures. Originally from Mexico, it incorporates different types of ingredients, depending on where you are. Here is a basic salsa you can have with flamed grilled fish or steak. So basically you are mixing the following ingredients in a bowl:

Ingredients

- Diced green, yellow, red pepper, [1/2 each]
- 1 red onion chopped
- 2 Large garlic cloves grated
- 2 fresh tomatoes diced
- A few leaves fresh parsley & coriander, chopped
- 3 tablespoons orange juice
- 1 tablespoon lemon juice
- 2 tablespoons olive oil
- 1 tablespoon white wine vinegar or red wine vinegar, Balsamic works too

A pinch of salt and teaspoon ground black pepper