



# Cooking with OFS

## Recipe

# LEMON AND GINGER BLACK EYED BEANS



For # people

4 servings



Cooking time

45 minutes

## Ingredients:

- 2 cans (540ml) black eyed beans
- 1 medium onion chopped
- 2 cloves garlic minced
- 1 red, yellow or green pepper finely chopped
- 2 medium tomatoes chopped
- 1 inch ginger julienned fine
- 1 Tbsp olive oil
- 1 tsp powder cumin
- 1 tsp chilli powder or red chilli flakes
- Salt to taste
- ½ cup coriander leaves chopped
- 1 Tbsp lemon juice, adjustable to your taste

## Directions:

- Drain the beans and rinse them well.
- In a pan heat the oil and cook onion and garlic for a minute until onions are soft.
- After the onions are soft add the peppers and saute for another minute, add ginger reserving some juliennes for garnish.
- Add cumin and chilli powder or flakes.
- Add tomatoes and ½ cup of water and cook for 3 to 4 minutes and add the beans, sprinkle salt and mix well and cook for 2 more minutes
- Transfer to a serving plate and garnish with coriander leaves and lime juice.



# Cooking with OFS

## Recipe

## FRESH & JUICY CHICKPEA SALAD WITH FRUITS AND VEGETABLES



For # people

4 servings



Cooking time

1 hour and 15 minutes

### Ingredients:

- 1 can of chickpea(540ml) drained
- 1 orange, peeled and diced
- ¼ cup pomegranate seeds
- ¼ cup black grapes, sliced
- ¼ cup fresh mint leaves roughly torn
- 2 cups arugula leaves
- 1 Tbsp olive oil
- 1 tsp red chilli flakes
- Salt and pepper to taste
- Lemon juice to taste

### Directions:

- Open the can of chickpeas rinse and put in a bowl,
- Add fruits and pomegranate seeds mix well
- Put the arugula leaves on a serving platter and put chickpea mixture on top of it, add mint leaves, salt , pepper and lemon juice to your taste.
- This salad is best to serve adter you refrigerate it for a couple of hours.



## Cooking with OFS

### Recipe

# QUICK CREAMY PEA SOUP



For # people

4 servings



Cooking time

30 minutes

### Ingredients:

- 1 pkg frozen green peas (3cups)
- 1 small onion chopped
- 2 cloves garlic
- 2 large potatoes cubed
- 2 Tbsp olive oil
- Salt and pepper to taste
- 1 cup milk
- 1 cup cream
- 2 cups water or vegetables stock

### Directions:

- Heat oil in a sauce pan on medium heat, add garlic and saute for few minutes until oil is fragrant with garlic, add peas, onion, potatoes, salt and pepper, mix well and add water or stock.
- Boil until potatoes and peas are soft.
- Let it cool and add all to the blender and blend into a smooth puree.
- Check if your blender can take the heat, or allow the mixture to cool completely before you can blend it.
- Pour back into the sauce pan adding the milk and cream to adjust the consistency of the soup to suit your palate.
- Check the salt and pepper levels and adjust to your taste.
- Serve hot with GARLIC BREAD.
- Can garnish with fresh coriander, grated cheese.



# Cooking with OFS

## Recipe

## LEMON CHICKEN KEBAB



For # people

4 servings



Cooking time

1 hour and half

### Ingredients:

- 1 large chicken breast, cut into cubes
- 1 red bell pepper cut into squares
- 1 red onion cut into chunks
- 1 green pepper cut into squares

### FOR THE MARINATING

- Juice of one lemon
- 1 tsp dried thyme leaves
- 1 tsp chilli flakes (optional)
- Salt and pepper to taste
- 2 Tbsp olive oil

### Directions:

- Cut the chicken into cubes and marinate .
- In a mixing bowl, combine the chicken pieces along with the red and green pepper pieces, onion chunks, lemon juice, thyme, salt and peppered chilli (if using) and olive oil, MIX well and rest it for at least 1 hour.
- Once it is well coated and marinated, start skewering by first placing the red pepper , a chicken cube followed by a onion chunk and green pepper and repeating the sequence one more time, make sure the skewer is not over crowded and too full.
- Heat the oven at 350.
- Place the skewers on a baking tray and cook them for 30 minutes and turn them and cook for 30 minutes more or until the chicken is done. KEEP brushing with the extra marinade over the chicken and keep turning the skewers so that it is evenly cooked.
- Serve over cooked rice or your favorite salad.



## Cooking with OFS

<b>Recipe</b>	<b>PUMPKIN AND CHICKPEA SOUP</b>

 <b>For # people</b>	4 servings	 <b>Cooking time</b>	45 minutes
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### Ingredients:

- 4 roma tomatoes chopped
- 1 medium onion chopped
- 2 cloves garlic, crushed
- 1 red bell pepper cubed
- 1 stalk celery chopped
- 1 can (540ml) chickpeas drained
- 4 cups vegetable stock
- Salt and pepper to taste
- 1 tsp paprika powder
- ½ cup parsley leaves to garnish
- 1 cup cubed fresh pumpkin

### Directions:

- In a large soup pot put all the ingredients together, cover them with 4 cups of stock and bring them to boil.
- Allow the vegetables to simmer until they are soft and the soup smells full of flavor, about 25 minutes.
- Serve soup along with parsley, or topping of your choice.
- Some toasted bread or garlic bread.



## Cooking with OFS

### Recipe

# POTATO AND SPRING ONION SOUP



For # people

4 servings



Cooking time

45 minutes

### Ingredients:

- 2 Tbsp olive oil
- 2 bunches spring onions or green onions.
- 5 cups water or vegetable broth
- 1 large potato, cubed
- Salt and pepper to taste
- 1 can white beans (540ml) drained
- Coriander leaves, freshly chopped or mint leaves.
- ½ cup cream

### Directions:

- In a heavy-bottomed sauce pan heat olive oil and cook the onions, add salt and pepper to taste, add cubed potato, cook until potato is soft add water or broth and bring mixture to a boil, reduce heat and allow to simmer for 10 minutes, add white beans and mix well.
- Puree the mixture, in a blender until smooth and put soup back in the pot add cream and mix well.
- Adjust salt and pepper to suit your taste and garnish with coriander or mint leaves.
- Serve soup along with cheesy bruschetta.

#### TO MAKE BRUSCHETTA:

- Slice Italian bread and top it with cheese of your choice and grill until cheese is melted.



## Cooking with OFS

### Recipe

# ROASTED PORTOBELLO AND CHICKPEA

*This is a fantastic meatless dinner*



For # people

6 servings



Cooking time

1 hour

### Ingredients:

- 1/4 cup olive oil
- 2 tablespoons balsamic vinegar
- 1 tablespoon minced fresh oregano
- 3/4 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 can (540ml) chickpeas or garbanzo beans, rinsed and drained
- 4 large portobello mushrooms (4 to 4-1/2 inches), stems removed
- 1 pound fresh asparagus, trimmed and cut into 2-inch pieces
- 8 ounces cherry tomatoes

### Directions:

- Preheat oven to 400°.
- In a small bowl, combine the first 6 ingredients.
- Toss chickpeas with 2 tablespoons oil mixture.
- Transfer to a 15x10x1-inches baking pan or tray.
- Bake for 20 minutes. Remove tray from oven and
- Brush mushrooms with 1 tablespoon oil mixture; add to pan.
- Toss asparagus and tomatoes with remaining oil mixture; arrange around mushrooms.
- Bake until vegetables are tender, 15-20 minutes longer.

