

Food SockTM

Gourmet recipe book



FOOD SOCK

NUTRITIONAL - CONVENIENT - TASTY - AFFORDABLE

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*I may not be able to change the world,
But I can change someone's world!
And if we all do this one thing,
We will slowly, but surely, change the world!*

Carl van Blerk

Founder & CEO

MUTTON STEW

Food Sock

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MUTTON STEW

RECIPE SUGGESTION:

Add cooked mutton pieces to enhance flavour. Some fresh cooked potatoes will also go well in your pot.

PREPARATION GUIDE:

~ MEAL FOR 4 ~

Boil beans until soft.
Cook all ingredients with approx. 6.8 cups (1.7 L) boiling water. Cook until the rice is cooked to your liking.
STIR WHILE COOKING.

NUTRITIONAL INFO

TOTAL (g)
Serving / 100

Energy (kJ)	1146	1030
Protein (g)	14	13
Carbohydrates (g)	53	47
of which total sugar (g)	2	2
Total Fat	0.7	0.6
of which total Saturated Fat	0.2	0.2
Dietary Fibre (g)	6	5.5
Sodium (g)	0.4	0.4
Cholesterol (mg)	0.3	0.3
Potassium (mg)	180	161



INGREDIENTS:
Soy, Beans & Pulses,
Rice, Flavourings,
Spices, Dehydrated
Vegetables.
Allergens: Soy, Gluten.

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Asian Lettuce Wraps

Mutton Stew Sock

Ingredients:

15ml Oil
 15ml Crushed Garlic
 30ml Crushed Ginger
 3ml Red Chilli Flakes
 30ml Steak & Chop Spice
 500g Beef Mince*
 50ml Soya Sauce
 15ml Honey
 Thinly Sliced Carrots
 Thinly Sliced Beetroot
 Thinly Sliced Red Onion
 Thinly Sliced Red Cabbage
 Coriander Leaves
 Baby Gem Lettuce (Separated and Washed)



Preparation:

1. Heat the oil in a large pot on medium heat.
2. Fry the onion, garlic, ginger and chilli flakes until soft and golden brown.
3. Add the spice & mince, the mutton stew Sock and mix until well combined.
5. Add 1 litre of water to the mixture. Cook on low heat. Stir continuously.
6. Once cooked, add the soya sauce and honey and stir well. Let it cool.
7. Spoon the mixture in the baby gem lettuce, together with the mixed vegetables.
8. Decorate with coriander leaves and serve.

Notes:

* Optional

East West Taste Best Bredie

Mutton Stew Sock

Ingredients:

1 x Chopped Onion
10ml Crushed Garlic
30ml Dark Soya Sauce
4 x Med Carrots (Peeled & Chopped)
3 x Med Potatoes (Peeled & Chopped)
1.5L water
Salt & Pepper to Taste



Preparation:

1. In a large non-stick pan, heat the oil and fry the onions & garlic until brown.
2. Add the Mutton Stew Sock, potatoes, carrots, soya sauce & stir well.
3. Add water and cook on low heat. Stir continually.
4. Cook until the potatoes & carrots are soft or to your liking.

Notes:

* Optional

Green Bean Bredie

Mutton Stew Sock

Ingredients:

1 x Chopped Onion
 Short Rib*
 Water
 1 x Beef Stock Cube
 250g Frozen Green Beans
 10ml Lemon Juice
 3 x Med Peeled & Cubed Potatoes
 Pinch of Nutmeg
 Salt & Pepper to Taste



Preparation:

1. Fry the onion in oil until soft.
2. Cook the short rib in water with beef stock until soft and set water aside.
3. Add short rib to onion.
4. Combine onions, meat and Sock.
5. Add the 1.7L of the short rib water to the pot.
6. Add potatoes and cook on low heat until the rice & potatoes are soft.
7. Add the beans, nutmeg & lemon juice.
8. Cook for 15 minutes.
9. Add salt and pepper to taste.

Notes:

* Optional

Moroccan Mutton Stew

Mutton Stew Sock

Ingredients:

30ml Oil
 1 x Chopped Onion
 5ml Crushed Garlic
 10ml Ground Cumin
 10ml Ground Coriander
 5ml Ground Cinnamon
 5ml Ground Ginger
 15ml Paprika
 Pinch Chilli Flakes
 5ml Turmeric
 2 x Cans Chopped Tomatoes
 Sugar to Taste
 1 x Mutton Stock cube
 4 x Eggs



Preparation:

1. In a pot, add oil and fry onion until soft. Add the spices and fry for a minute.
2. Add the Mutton Stew Sock and mix well.
3. Dissolve stock cube in 4 x cups of boiling water and add to mixture. Bring to a boil, turn down the heat and cook until the rice is cooked. Stir continually.
4. Add the tomatoes and mix until well combined. Add sugar to taste and simmer for 5 minutes.
5. After the mixture is cooked, make 4 small hollows in the mixture and break an egg into each whole. Cover and cook for 5 – 10 minutes, or until the eggs are done to your liking.
6. Sprinkle with parsley and serve.

Notes:

CHAKALAKA SAMP & BEANS

Food Sock



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CHAKALAKA SAMP & BEANS

RECIPE SUGGESTION:

Enjoy as is, or add your favourite meat product. Add extra curry if you like it spicy.

PREPARATION GUIDE: ~ MEAL FOR 4 ~

Boil Samp & Beans for 20min and let rest while covered for another 60min until soft. Add all ingredients to pot with 500ml boiling water. Cook over low heat for approx. 15min. Add more water if required to get desired consistency.

NUTRITIONAL INFO

TOTAL (g) Serving / 100

Energy (kJ)	1177	1471
Protein (g)	14.4	18
Carbohydrates (g)	54	67.7
of which total sugar (g)	0.7	0.9
Total Fat	0.8	1
of which total Saturated Fat	0.1	0.2
Dietary Fibre (g)	7.5	9.4
Sodium (g)	1.5	1.6
Cholesterol (mg)	1.1	1.4
Potassium (mg)	0	0



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INGREDIENTS:
Maize (corn), Beans,
Salt, Sugar, Flavourings,
MSG, Spices.

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Chakalaka Breakfast

Chakalaka Samp & Beans Sock

Ingredients:

1 x Chopped Onion
 15ml Oil
 1 x Green Pepper (Sliced)
 1 x Grated Carrot
 2 x Beef Stock Cubes
 1 x Can Tomato & Onion Mix
 4 x Cups Water
 250g Frozen Mixed Vegetables
 50g Tomato Paste
 15ml Sugar
 Bread
 Eggs
 Worcestershire Sauce*



Preparation:

1. Soak the samp & beans overnight & strain.
2. Dissolve the stock cubes in the 4 x cups of boiling water.
3. Add the samp and beans & the rest of the Sock. Simmer until soft and cooked stirring frequently.
4. In a separate pan, fry the onion, green pepper and carrot in the oil until soft.
5. Add the mixed vegetables, Sock, tomato paste, tomato mix and water.
6. Cook over low heat until the soya is cooked.
7. Add the sugar, dash of Worcestershire sauce, salt and pepper to taste.
8. To serve, spoon the mixture on plates and serve with toast and fried/scrambled eggs.

Notes:

* Optional

Chakalaka Bunny Chow

Chakalaka Samp & Beans Sock

Ingredients:

1 x Whole Bread
 1 x Chopped Onion
 15ml Oil
 1 x Green Pepper (Sliced)
 1 x Grated Carrot
 2 x Beef Stock Cubes
 1 x Can Tomato & Onion Mix
 4 x Cups Water
 250g Frozen Mixed Vegetables
 50g Tomato Paste
 15ml Sugar
 Dash of Worcestershire Sauce*
 Water



Preparation:

1. Soak the samp & beans overnight & strain.
2. Dissolve the stock cubes in the 4 x cups of boiling water.
3. Add the samp and beans & the rest of the Sock. Simmer until soft and cooked, stirring frequently.
4. In a separate pan, fry the onion, green pepper and carrot in the oil until soft.
5. Add the mixed vegetables, sock, tomato paste, tomato mix and water.
6. Cook over low heat until the soya is cooked.
7. Add the sugar, Worcestershire sauce, salt and pepper to taste.
8. Slice bread in half and hollow out soft inner.
9. Spoon the mixture into each hollowed out half loaf and serve.

Notes:

* Optional

Chakalaka Samp & Bean Bake

Chakalaka Samp & Beans Sock

Ingredients:

3 x Chicken or Veggie Stock Cubes
 125ml Cream
 1 x Can Mild Chakalaka
 250ml Frozen Mix Vegetables
 250ml Grated Cheddar Cheese



Preparation:

1. Preheat the oven to 180 °C.
2. Soak the samp & beans overnight in water and strain.
3. In a large pot dissolve the stock cubes in 750ml boiling water.
4. Add the samp & beans and rest of the sock. Turn down the heat and simmer until cooked.
5. Add the cream, chakalaka and frozen vegetables.
6. Stir to combine and simmer for another 3-5 minutes.
7. Remove from the heat and stir in half the cheese. Mix well.
8. Transfer to a greased ovenproof dish and sprinkle the rest of the cheese on top.
9. Bake for 15 minutes until the cheese are melted and golden brown.
10. Serve as a side dish with a braai/roast chicken/lamb.

Notes:

* Optional

Creamy Chakalaka, Samp & Bean Soup with Biltong

Chakalaka Samp & Beans Sock

Ingredients:

15ml Oil
 10ml Crushed Garlic
 1 x Sliced Onion
 1 x Diced Green Pepper
 15ml Curry Powder
 Pinch Crushed Chillies*
 3 x Grated Carrots
 1 Can Chopped Tomatoes
 50g Cream of Tomato Soup Powder
 60ml Cream
 50g Sliced Moist Biltong
 Salt & Pepper to Taste
 500ml water



Preparation:

1. Soak the samp & beans overnight.
 2. In a large frying pan, heat the oil and fry the onion, garlic, green pepper, curry powder & chilli flakes.
 3. Stir in the grated carrots and fry for 2 minutes.
 4. Add the samp & beans, the rest of the sock, chopped tomatoes & water.
 5. Simmer over low heat until the samp & beans are soft.
 6. Mix the soup powder with 1 cup of water and add to the pot. Mix well and simmer for 10 minutes.
 7. Stir in the cream & bring to the boil for 2 minutes. Add salt & pepper to taste.
 8. Dish in bowls and top with parsley and biltong.
- Suggestion: For a smoother soup, use a blender & blend to your liking.

Notes:

* Optional

CHICKEN BEYANI

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CHICKEN BREYANI

RECIPE SUGGESTION:

Some cooked chicken pieces will go well with this dish. Add a touch of chutney with some banana slices on the side.

PREPARATION GUIDE: ~ MEAL FOR 4 ~

Cook all the ingredients with approx. 4.5 cups (1.125 L) boiling water. Cook until all the water has cooked away and the rice is done.

NUTRITIONAL INFO

TOTAL (g) Serving / 100

Energy (kJ)	1101	1258
Protein (g)	13	14.6
Carbohydrates (g)	52	59
of which total sugar (g)	2	2.3
Total Fat	0.7	0.8
of which total Saturated Fat	0.2	0.2
Dietary Fibre (g)	0	0
Sodium (g)	0.1	0.2
Cholesterol (mg)	0.1	0.1
Potassium (mg)	173	198

INGREDIENTS:

Soy, Beans & Pulses,
Rice, Flavourings,
Spices, Dehydrated
vegetables, Monosodium
Glutamate, Sucrose,
Dextrose, Vegetable oil.
Allergens: Soy, Gluten.



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Chicken & Lentil Stew

Chicken Breyani Sock

Ingredients:

8 x Chicken Pieces
 60ml Margarine
 1 x Chopped Onion
 1,5L Water
 1pkt Chicken Noodle Soup
 50ml Chutney



Preparation:

1. Melt half the margarine in a large pot, add chicken pieces and fry until golden brown.
2. Remove and set aside.
3. Melt remaining margarine and fry onion & mushrooms until soft.
4. Add the sock and stir well.
5. Return chicken pieces to the pot and add water.
6. Simmer, covered, on low heat for 40 minutes.
7. Mix the soup with water to form a smooth paste & stir into the stew.
8. Add the chutney and simmer for 5 minutes and allow to thicken.
9. Add salt and pepper to taste.

Notes:

* Optional

Chicken Breyani Bombs

Chicken Breyani Sock

Ingredients:

½ x Onion (Finely Diced)
 1 x Tomato (Diced)
 60ml Fresh Coriander
 125g Frozen Mixed Vegetables
 30ml Oil
 80ml Smooth Cottage Cheese
 70ml Flour
 70ml Cornflour
 125ml Water
 Breadcrumbs
 Oil for Frying

YOGURT & CORIANDER DIP:

500 ml Freshly Chopped Coriander
 375 ml Plain Yoghurt
 1 ml Ground Coriander
 35ml Lemon Juice



Preparation:

1. Cook the Chicken Breyani Sock on low heat until all the moisture has evaporated.
2. Mix the flour, cornflour and water in a bowl and set aside.
3. Boil the mixed vegetables until cooked, strain & set aside.
4. In a large pot, fry the onion and tomato in the oil until the onion is brown.
5. Add the veggies and cottage cheese. Mix well.
6. Add the above cooked breyani Sock and coriander and stir well.
7. Roll the mixture into tablespoon sized balls.
8. Dip each ball into the flour mix and then the crumbs.
9. Deep fry in oil until golden brown.

DIP: Combine all the ingredients in a bowl. Season with salt & pepper.

Notes:

Chicken, Vegetable & Rice Curry with Sweetcorn Dumplings

Chicken Breyani Sock

Ingredients:

6 x Chicken Thighs
500g Chunky Cut Mixed Vegetables
15ml Oil
15ml Crushed Garlic
1 x Chopped Onion
20ml Tomato Paste
4 x Chicken stock cubes
Salt & Pepper to Taste

DUMPLINGS:

250ml Self-raising flour
60ml Plain Yoghurt
½ Can Cream Style Sweetcorn



Preparation:

1. Add oil to a pot and fry the chicken thighs until brown. Set aside.
2. Add the onion, garlic, vegetables and Breyani Sock. Mix through.
3. Add stock dissolved in 2L of boiling water.
4. Add the chicken pieces & tomato paste.
5. Simmer on low heat for 20 – 25 minutes until the rice and chicken is cooked.
6. If the stock has evaporated, add more water for the dumplings to soak up the liquid.

DUMPLINGS: (while the stew is cooking)

1. Mix the ingredients together and let it rest for 15 minutes.
2. Spoon equal size balls on top of the stew (After the stew has cooked for +-20 minutes).
3. Cover with a lid and allow the dumplings to steam for about 20 minutes.
4. Serve with chopped parsley.

Notes:

* Optional

Lamb Akni

Chicken Breyani Sock

Ingredients:

1 x Finely diced Onion
 5ml Chilli Powder
 25ml Garam Masala Powder
 5ml Cayenne Pepper
 15ml Crushed Garlic
 15ml Crushed Ginger
 500g Lamb/chicken/beef cubes
 250ml Buttermilk
 50ml Tomato Paste
 3 x Peeled and Cubed Potatoes
 Oil for Frying
 Salt & Pepper to Taste
 Plain Yoghurt
 Freshly chopped Coriander leaves



Preparation:

1. Combine the chilli powder, garam masala, cayenne pepper, garlic, ginger, meat, buttermilk and tomato paste. Leave to marinade in the fridge for 2 hours.
2. Fry the onions in the oil, add the marinated mixture, breyani sock and potatoes and 1L of boiling water. Mix and bring to the boil.
3. Turn down the heat and simmer until the rice, potatoes and meat is cooked.
4. Season with salt & pepper to taste.
5. Serve with plain yoghurt and freshly chopped coriander leaves.

Notes:

* Optional

MAC & CHEESE

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MAC & CHEESE

RECIPE SUGGESTION:

Try adding some crispy bacon. If you want a more tomato based flavour, a tin of mixed tomato and onion will go well.

PREPARATION GUIDE:

~ MEAL FOR 4 ~

First cook pasta until soft. Add all other ingredients with approx. 1 cup (250 ml) boiling water. Add water slowly to your liking. STIR WHILE COOKING.

NUTRITIONAL INFO	TOTAL (g) Serving / 100	
Energy (kJ)	745	745
Protein (g)	6	5.8
Carbohydrates (g)	28	28
of which total sugar (g)	0.5	0.5
Total Fat	4.8	4.8
of which total Saturated Fat	0.2	0.2
Dietary Fibre (g)	1.9	1.9
Sodium (g)	0.3	0.3
Cholesterol (mg)	1.6	1.6
Potassium (mg)	35.9	35.8



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INGREDIENTS:

Sugar, Milk, Whey Powder, Vegetable Fat, Salt, Paprika.
Allergens: Dairy.

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Bacon, Caramelized Onion Mac & Cheese Balls

Mac & Cheese Sock

Ingredients:

Oil for frying
 2 x Onions (Sliced)
 200g Diced Bacon
 150g Grated Cheddar Cheese
 4 x Sliced Spring Onions
 250ml Flour
 2 x Eggs (Beaten)
 250ml Dried Breadcrumbs
 Salt & Pepper to Taste



Preparation:

1. Heat 10ml oil in a pan and fry the bacon until cooked and crispy. Put on kitchen paper and keep aside.
2. In the same pan, add 10ml oil and fry the onions with a pinch of salt on low heat to cook and caramelize. +- 30 minutes.
3. In another pot, cook the macaroni & cheese Sock as per instruction on the packet. Add the cheese powder and mix well. Add the cheese, spring onion, bacon and caramelized onions and mix until combined.
4. Put in a bowl and refrigerate 3 hours until set.
5. Take it out of the fridge and shape into balls.
6. Roll the balls into the flour, egg and breadcrumbs. Put on a lined tray and place back into the fridge for an hour.
7. Heat oil and fry the balls until golden brown.
8. Drain on a paper towel.
9. Can be served as a snack or light lunch with a dipping sauce and side salad.

Notes:

* Optional

Butter Chicken Pasta

Mac & Cheese Sock

Ingredients:

1kg Chicken Fillets (Cubed)
 5 ml Cayenne Pepper
 5 ml Chilli Flakes
 5 ml Coriander (Ground)
 5 ml Cumin (Ground)
 10 ml Salt
 3 ml Turmeric
 10 ml Crushed Garlic
 10 ml Crushed Ginger
 125ml Tomato Puree
 250g Butter/Margarine
 1 x Diced Onion
 250 ml Cream



Preparation:

1. Mix all the ingredients except the sock, onion, butter and cream. Marinade overnight.
2. Heat the butter in a pan and sauté the onion until brown.
3. Add the marinated ingredients with the sauce and fry the chicken until cooked.
4. Mix the cheese powder mix with the cream and add. Simmer for 10 minutes.
5. Cook the macaroni and strain. Combine the pasta and chicken until mixed well.
6. Serve with freshly chopped coriander & double cream natural yoghurt.

Notes:

* Optional

Paul-Try-Piets-Haar Pasta Bake (Chicken Pizza Pasta)

Mac & Cheese Sock

Ingredients:

250ml BBQ Sauce
500ml shredded Chicken
375ml Grated Mozzarella Cheese
Salt & Pepper to Taste
1 x Sliced Red Onion



Preparation:

1. Preheat the oven to 180 °C.
2. Cook the Macaroni & Cheese Sock ingredients as per instructions.
3. In an ovenproof dish, add the Mac & Cheese (pressed down), followed by the BBQ sauce and shredded chicken.
4. Scatter the remaining cheese in a layer on top of the mixture, followed by the sliced red onion.
5. Bake for 20 minutes until crispy and brown.

Notes:

* Optional

Garlic Bread Mac & Cheese Bake

Mac & Cheese Sock

Ingredients:

750ml Grated Cheddar
 125ml Grated Parmesan
 200g Diced Bacon*
 2ml Ground Nutmeg
 60ml Chopped Parsley
 100ml Melted Butter/Margarine
 +-15 Slices White Bread
 30ml Crushed Garlic



Preparation:

1. Fry the diced bacon until crispy.
2. Cook the Macaroni & Cheese Sock according to the instructions.
3. Add the cheddar cheese, bacon bits & nutmeg to the macaroni mix. Stir until well combined.
4. Cut off the top of the bread slices.
5. Mix the melted butter/margarine, crushed garlic and parsley.
6. Brush the garlic mixture on one side of the sliced bread.
7. Grease a springform tin and line the tin's bottom and sides with the bread slices. Trim the sides of the bread to fit in the tin.
8. Add the macaroni mixture on top of the bread and spread evenly.
9. Crumble the sliced tops and sprinkle on top along with the grated Parmesan and parsley.
10. Bake for +- 25 minutes until golden brown.
11. Loosen the sides with a knife and remove the rim of the tin.
12. Slice into wedges and serve warm.

Notes:

* Optional

Mac & Cheese Burger

Mac & Cheese Sock

Ingredients:

1 x Cup Cream
 4 x Cups Grated Cheddar Cheese
 4 x Burger Patties
 4 Lettuce leaves
 1 sliced Tomato
 1 sliced Onion
 Streaky Bacon
 Sauce of your choice
 Oil for Frying
 Breadcrumbs
 3 x Eggs, beaten
 Flour for coating



Preparation:

1. Boil the pasta until soft.
2. Add the cheese powder & cream to the pasta and stir.
3. Add the grated cheese and mix well until the cheese has melted.
4. Spread the mac & cheese into a tray lined with baking paper.
5. Refrigerate until set.
6. Fry the burgers and bacon.
7. Using a cookie cutter (10cm), cut the mac and cheese into circular shapes.
8. Dip each shape into the flour, eggs and breadcrumbs before deep frying until golden brown and crispy.
9. Assemble the burgers and enjoy.

Notes:

* Optional

MELKKOS

Food Sock



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TRADITIONAL MELKKOS

RECIPE SUGGESTION:

Great with the Macaroni Pasta, but feel free to leave it out if you prefer. Can also be used as a great filling for a milk tart.

PREPARATION GUIDE:

~ MEAL FOR 4 ~

Boil pasta until soft with approx. 375ml water. Add to remaining ingredients and cook with approx. 2.5 cups (675 ml) boiling water.
STIR WHILE COOKING.

NUTRITIONAL INFO

TOTAL (g)
Serving / 100

Energy (kJ)	1028	1003
Protein (g)	7	7
Carbohydrates (g)	43	42
of which total sugar (g)	0.3	0.2
Total Fat	5.1	5
of which total Saturated Fat	0.1	0.1
Dietary Fibre (g)	207	201
Sodium (g)	0	0
Cholesterol (mg)	1	1
Potassium (mg)	26.5	26



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INGREDIENTS:

Sugar, Milk, Whey Powder, Vegetable Fat, Salt, Cinnamon.
Allergens: Dairy, Gluten.

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Macaroni Milktart Balls

Macaroni Melkkos Sock

Ingredients:

Oil for frying
 15ml Ground Cinnamon
 5ml Vanilla Essence
 500ml Milk
 200g Finely Crushed Tennis Biscuits
 250ml Flour
 2 x Eggs

CINNAMON CARAMEL SAUCE:

1 x Cup Sugar
 185ml Heavy Whipping Cream
 5ml Ground Cinnamon
 5ml Vanilla Essence
 45ml Butter/Margarine (Room Temp)
 Pinch of Salt



Preparation:

1. In a pot, cook the Macaroni Melkkos Sock as per instructions.
2. Add the milk and mix well. Put in a bowl and refrigerate until set.
3. Once set, shape into balls.
4. Roll the balls in the flour then beaten egg and then crushed biscuits.
5. Place on a lined tray and place back into the fridge for another hour.
6. Heat oil and fry the balls until golden brown.
7. Drain on a paper towel.
8. Can be served on its own or with the cinnamon caramel sauce.

CINNAMON CARAMEL SAUCE:

1. Place sugar in a deep heavy based saucepan, over low heat, heat and stir until the sugar is amber in colour. 7 – 12 minutes. **DO NOT LEAVE UNATTENDED.**
2. Add the butter and stir until melted.
3. Add half of the cream and stir well.
4. Add the rest of the cream. Stir very well.
5. Turn off the heat and add the cinnamon, vanilla and salt, whisking it until smooth.

Notes:

Sauce can be kept for up to 2 weeks in the refrigerator – just reheat in Microwave when Needed.

Milktart Malva Pudding

Macaroni Melkkos Sock w/o Macaroni

Ingredients:

TOPPING:

5ml Corn flour
500ml Milk
1 x Egg
25ml - 50ml Sugar
5ml Vanilla Essence
Cinnamon for Dusting

FILLING/PUDDING:

20ml Margarine
250ml Castor Sugar
2 x Eggs
15ml Smooth Apricot Jam
5ml Bicarbonate of Soda
125ml Milk
5ml Brown Vinegar
250ml Sifted Cake Flour
Pinch of Salt



SAUCE:

250ml Cream	
180ml Sugar	125ml Boiling Water
125g Margarine	5ml Vanilla Essence

Preparation:

1. Preheat the oven to 180 °C
2. Grease an ovenproof dish.
3. Cream the margarine and castor sugar. Add the eggs, one by one and beat well.
4. Add the apricot jam.
5. Mix the milk with the bicarb and add. Add the vinegar.
6. Add the flour, salt alternatively with the milk mixture to the egg mixture and mix well.
7. Spoon into the greased ovenproof dish.
8. Bake for 45 minutes or until a toothpick comes out clean.
9. Mix all the ingredients for the sauce and heat until boiling. Poke the pudding several times and pour the sauce over the pudding while still hot. Let it cool down.
10. Mix together the melkkos powder with the sugar, corn flour and 250ml milk.
11. Beat the eggs, add the rest of the milk and vanilla essence.
12. In a small saucepan over low heat, add the melkkos mixture and whisk until warm.
13. Slowly pour in the egg/milk mixture while whisking. Cook for 3 minutes.
14. Spread the mixture over the malva pudding and dust with ground cinnamon.
15. Let it cool in the fridge and serve.

CHICKEN PASTA

Food Sock

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CHICKEN PASTA

RECIPE SUGGESTION:

Chop up some cooked chicken breast and add to your pot to extend the meal and to add more texture. A touch of cream will go well.

PREPARATION GUIDE:

~ MEAL FOR 4 ~

Cook all ingredients with approx. 7 cups (1.75 L) boiling water.
Cook until the pasta is cooked to your liking.

NUTRITIONAL INFO

TOTAL (g)
Serving / 100

Energy (kJ)	473	541
Protein (g)	9	10
Carbohydrates (g)	18	21
of which total sugar (g)	0.5	0.6
Total Fat	0.5	0.6
of which total Saturated Fat	0.1	0.1
Dietary Fibre (g)	1.8	2
Sodium (g)	0.2	0.2
Cholesterol (mg)	1	1
Potassium (mg)	19	22

INGREDIENTS:

Soy, Beans & Pulses,
Pasta, Flavourings,
Spices, Monosodium
Glutamate, Sucrose,
Dextrose, Vegetable oil.
Allergens: Soy, Gluten.



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Creamy Chicken, Broccoli & Pasta Bake

Chicken Pasta Sock

Ingredients:

Oil
 500g Diced Chicken Breast*
 50g Diced Bacon*
 225g Broccoli Florets
 1pkt Cream of Mushroom Soup
 500ml Milk/Water
 Grated Cheese
 Salt and Pepper to Taste



Preparation:

1. Preheat the oven to 190 °C.
2. In a pan, sauté the chicken, bacon & broccoli for 5 minutes.
3. Add the Sock and cook according to the instructions on packet.
4. Add the chicken mix. Stir until combined and cooked.
5. Mix the soup powder with the milk/water and add to the chicken mixture.
6. Bring to the boil, stir continually.
7. Pour the contents of the pan into a greased oven dish.
8. Sprinkle with cheese and bake for 15 – 20 minutes until golden brown.

Notes:

* Optional

Chicken Noodle Pie

Chicken Pasta Sock

Ingredients:

30ml Oil
 2 x Chopped Onions
 4 x Cubed Chicken Breasts
 125g Chopped Bacon
 Salt & Pepper to Taste
 30g Margarine
 80ml Flour
 600ml Milk
 Salt & Pepper to Taste
 150ml Dry Breadcrumbs
 125ml Grated Mozzarella/Cheddar



Preparation:

1. Preheat the oven to 180 °C. Cook the Chicken Pasta Sock according to the instructions.
2. In a separate pan, add the oil and sauté the onion and bacon until soft.
3. Add the chicken and cook for +-10 minutes.
4. Add the mixture to the Chicken Pasta Sock mix and stir until combined.
5. In a small pot melt the butter.
6. Add the flour and stir for a minute. Slowly add the milk and stir until thickened. Add salt & pepper to taste.
7. Transfer the chicken pasta mixture to a greased ovenproof dish, cover with the white sauce, followed by the cheese & breadcrumbs.
8. Bake for 15 – 20 minutes until the cheese has melted.

Notes:

* Optional

Chicken & Mushroom Stroganoff

Chicken Pasta Sock

Ingredients:

Oil
 1 x Chopped Onion
 1 x Green Pepper
 500g Chicken Fillet (Cut into strips)
 1pkt Cream of Mushroom Soup
 2 – 3 Cups of Milk
 Salt and Pepper to Taste



Preparation:

1. Lightly sauté the onion and green pepper until soft.
2. Add the chicken strips and cook for about 5 minutes or brown.
3. Add the Sock and cook according to instructions on low heat.
4. Mix the soup powder with 1 cup of milk and add to the chicken.
5. Stir until thickened. Add milk according to your liking if too thick.
6. Season with salt & pepper.

Notes:

* Optional

Chicken Pasta with Blue Cheese

Chicken Pasta Sock w/o split peas

Ingredients:

3 x Chicken breasts (Cut into strips)
300g Broccoli Florets
1 x Chopped Onion
200g Cherry Tomatoes
150g Blue Cheese
75 ml Double Cream
Salt & Pepper to Taste
Oil



Preparation:

1. In a frying pan, add the oil and fry the chicken and onion for 8 minutes until golden brown and cooked through.
2. Cut the tomatoes in half and add to the chicken & onion mix. Gently cook for a minute. Crumble in the cheese and add the cream. Heat through, stir continually.
3. Cook the Chicken Pasta Sock with 4 x cups of water. Halfway through the cooking time, steam the broccoli over the pot until firm.
4. Add the chicken mixture & broccoli to the pasta.
5. Season with salt & pepper.

Notes:

* Optional

Sweet & Sour Chicken Pasta

Chicken Pasta Sock w/o Split Peas

Ingredients:

4 x Sliced Chicken breasts
 1 x Sliced Red Pepper
 1 x Sliced Yellow Pepper
 1 x Sliced Green Pepper
 1 x Sliced Onion
 1 x 435g Can Pineapple Chunks
 15ml Cornflour
 30ml Tomato Sauce
 15ml Soya Sauce
 15ml White Wine Vinegar
 135ml Water
 Salt & Pepper to Taste
 Oil



Preparation:

1. Cook the Chicken Pasta Sock according to instructions on packet.
2. Heat the oil in a pan or wok. Cook the chicken strips for 10 minutes then set aside.
3. Stir-fry the onion and peppers for 3 minutes.
4. Strain the pineapples chunks from the juice (Reserve the juice). Add to the peppers and cook for 2 minutes.
5. Mix the cornflour with a little bit of the pineapple juice to make a paste. Stir in the remaining juice, tomato sauce, soya sauce, vinegar and water. Pour into the pan and bring to the boil until thickened. Stirring constantly.
6. Add the chicken to the pepper mixture and stir until well combined with the chicken pasta.
7. Season with salt & pepper and serve.

Notes:

* Optional

Chicken Mayo Pasta

Chicken Pasta Sock w/o Split Peas

Ingredients:

250g Sliced Mushrooms
 250ml x Mayonnaise
 1 x Chicken Stock Cube
 2 x Chicken Breast Fillet (strips)*
 30ml x Oil
 Salt and Pepper to Taste



Preparation:

1. In a large non-stick pan, heat the oil and fry the mushrooms.
2. Add the Chicken Fillets and continue frying until brown.
3. Add the Chicken pasta Sock (excluding the peas) and stir well.
4. Dissolve the stock in 3 cups of boiling water and add to the mixture.
5. Over low heat and continually stirring, cook until the pasta is cooked.
6. Add the mayonnaise and stir well until well combined and simmer for 5 minutes.
7. Season with salt and pepper and serve with chopped parsley.

Notes:

* Optional

Italian Chicken Pasta

Chicken Pasta Sock w/o Split Peas

Ingredients:

Oil
 3 x Chicken breasts (Strips)*
 220g Chopped Sundried Tomatoes
 200g Mini Mozzarella balls
 1 x Handful Chopped Fresh Basil
 Salt & Pepper to Taste



Preparation:

1. In a frying pan, add the oil and fry the chicken, half the sundried tomatoes and half the basil leaves until the chicken is cooked.
2. Cook the Chicken Pasta Sock with 4 x cups of water.
3. Add the chicken and remaining tomatoes, basil and mozzarella to the Pasta. Stir until well combined and heat through.
4. Garnish with basil and serve.

Notes:

* Optional

CHICKEN & VEG SOUP

Food Sock

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CHICKEN & VEGGIE SOUP

RECIPE SUGGESTION:

If you have access to vegetables, meaty bones or other proteins; add this to your pot.

PREPARATION GUIDE: ~ MEAL FOR 4 ~

Cook all ingredients with approx. 9 cups (2.25 L) boiling water.
STIR WHILE COOKING.

NUTRITIONAL INFO

TOTAL (g) Serving / 100

Energy (kJ)	497	947
Protein (g)	5.2	10
Carbohydrates (g)	22	42
of which total sugar (g)	3	5.7
Total Fat	101	2.2
of which total Saturated Fat	0.2	0.3
Dietary Fibre (g)	4.7	9
Sodium (g)	0.1	0.2
Cholesterol (mg)	0.3	0.5
Potassium (mg)	182	346



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INGREDIENTS:
Beans & Pulses,
Flavourings, Spices,
Dehydrated vegetables.
Allergens: Gluten.

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Chicken Tikka Soup

Chicken & Veggie Soup Sock

Ingredients:

500g Chicken Fillets
1 x Diced Onion
125ml Frozen Peas
250ml Cream
250g Butter

Marinade

5ml Cayenne Pepper
5ml Chilli Flakes
5ml Ground Coriander
5ml Ground Cumin
10ml Salt
3ml Turmeric
10ml Garam Masala
10ml Crushed Garlic
10ml Crushed Ginger
125ml Tomato Puree



Preparation:

1. Cut the chicken into cubes. Mix the chicken and all the marinade ingredients and marinade overnight.
2. Heat the butter in a pan and sauté the onion until brown.
3. Add the Chicken Soup Sock, water and cook over low heat until cooked, stirring often.
4. Add the marinated ingredients with the sauce and peas and stir until well combined.
5. Cook on low heat for 20 minutes.
6. Add the cream to create the consistency to your liking.
7. Serve with buttered toast.

Notes:

* Optional

Chicken & Veggie Soup with Dumplings

Chicken & Veggie Soup Sock

Ingredients:

Dumplings:

500ml Cake Flour
20ml Baking Powder
5ml Salt
250ml Milk
Herbs*
Sliced bread for toast



Preparation:

1. Cook Chicken Soup according to the instructions on the packet.

Dumplings:

1. Mix together the flour, baking powder & salt. (Herbs if wanted).
2. Add milk to the ingredients and let it stand for about 5 – 10 minutes.
3. Once the soup is cooked, drop spoonful of batter into the soup.
4. Cover with a lid and simmer for 10 – 15 minutes.
5. DO NOT REMOVE the lid until cooking time is over.
6. A toothpick will come out clean when dumplings are cooked.
7. Serve with toast

Suggestions:

- For a smoother soup, use a blender & blend to liking
- Add Shredded pieces of cooked chicken
- Cooked Pasta can be added

Notes:

Lemon Chicken Soup

Chicken & Veggie Soup Sock

Ingredients:

2 x Chicken Stock Cubes
 2L Boiling water
 2 x Cubed Chicken Breasts*
 2 x Peeled & Diced Carrots
 1 x Diced Celery Stick
 125ml Uncooked Rice
 1 x Lemon's Juice & Zest
 1 x Finely Chopped Spring Onion
 Salt & Pepper to Taste
 30 ml x Toasted Almond Flakes*
 Freshly Chopped Parsley



Preparation:

1. Dissolve stock cubes in 2L boiling water.
2. In a large saucepan, add the Chicken & Veggie Soup Sock, chicken, stock, carrots, celery and rice. Bring to a boil.
3. Lower heat and simmer until the rice and vegetables are cooked, stir continually.
4. Stir in the lemon zest, juice, spring onions and parsley.
5. Season to taste.
6. Sprinkle each serving with almond flakes.

Notes:

* Optional

Oriental Chicken Noodle Soup

Chicken & Veggie Soup Sock

Ingredients:

4 x Chicken Stock Cubes
3 x Shredded Chicken Breasts
60ml Dry Sherry*
25ml Soy Sauce
400g Bite Sized Baby Sweetcorn
1 Pkt Crushed 2 Minute Noodles
1 x Sliced Spring Onion



Preparation:

1. Dissolve stock cubes in 2L of boiling water in a large pot.
2. Add all the ingredients, except the noodles, and cook for 15 minutes, stirring occasionally.
3. Add the noodles and cook for 10 minutes.
4. Serve.

Suggestion: Add more water to create the thinner consistency.

Notes:

* Optional

PASTA BOLOGNESE

Food Sock



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PASTA BOLOGNESE

RECIPE SUGGESTION:

Add a tin of mixed tomato and onion to increase volume and a fresh flavour. Extend with some extra cooked mince.

PREPARATION GUIDE:

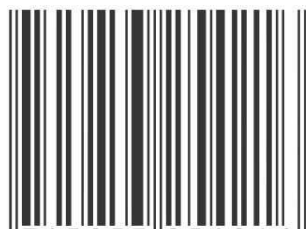
~ MEAL FOR 4 ~

Cook all ingredients with approx. 6 cups (1.5 L) boiling water. Cook until the pasta is cooked to your liking. STIR WHILE COOKING.

NUTRITIONAL INFO

TOTAL (g)
Serving / 100

Energy (kJ)	739	844
Protein (g)	11	12.2
Carbohydrates (g)	32	36.5
of which total sugar (g)	8	9.3
Total Fat	0.7	0.8
of which total Saturated Fat	0.2	0.2
Dietary Fibre (g)	2.9	3.4
Sodium (g)	0.2	0.2
Cholesterol (mg)	0.9	1
Potassium (mg)	47.6	54.4



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INGREDIENTS:

Soy, Beans & Pulses,
Pasta, Flavourings,
Spices, Dehydrated
Vegetables.

Allergens: Soy, Gluten,
Egg.

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Creamy Pepper Steak Pasta Bake

Pasta Bolognaise Sock

Ingredients:

500g Cubed Beef Steak
 Oil
 10ml Fine Black Pepper
 375ml Cream
 2 x Beef Stock Cubes
 1L boiling water
 250ml Grated Cheddar Cheese
 30ml Chopped Parsley



Preparation:

1. Preheat the oven to 190 °C.
2. Coat the steak with some oil and season with black pepper.
3. Heat a large pan/pot and fry the steak until brown.
4. Dissolve stock cubes in boiling water and add the pasta bolognaise Sock and cream.
5. Simmer until ingredients are soft.
6. Transfer the mixture to a greased ovenproof dish. Top with grated cheese and parsley.
7. Cover the dish with foil and bake for 30 minutes at 190 °C.
8. Remove the foil from the dish and bake until cheese is golden brown.

Notes:

* Optional

Sock Pastitsio

Pasta Bolognaise Sock

Ingredients:

500g x Beef Mince*
1.5L water
2 x sliced Onions
15ml Crushed Garlic
10ml Crushed Ginger
Oil
Salt & Pepper to Taste
2ml Fine Nutmeg
1 x Can Chopped Tomatoes
50g Tomato Paste
20ml Sugar
4 x Eggs
25ml Cake Flour
5ml Mustard Powder
Pinch of Salt



Preparation:

1. Preheat the oven to 180 °C.
2. In a large pot, heat the oil and sauté the onions, garlic, ginger & nutmeg until the onions are soft.
3. Add the mince and flake with a fork. Cook until brown.
4. Add the Pasta Bolognaise Sock and mix well.
5. Add the water, tomatoes and tomato paste and cook on low heat. Stirring often.
6. Once cooked, transfer to a greased ovenproof dish.
7. Beat the eggs, flour, mustard and salt together and pour over mixture.
8. Bake for 40 minutes or until cooked.

Notes:

* Optional

Boerewors & Cabbage Pasta

Pasta Bolognaise Sock

Ingredients:

1 x Small Cabbage (Shredded)
 1 x Can Chopped Tomatoes
 15ml Oil
 10ml Crushed Garlic
 2ml Crushed Chilli Flakes*
 500g Boerewors (Cut into bite sizes)
 1pkt Brown Onion Soup
 Salt & Pepper to Taste



Preparation:

1. Heat the oil in a pan and fry the onion, garlic, chilli flakes and boerewors until the boerewors have browned.
2. Add the pasta bolognaise sock and mix until well combined.
3. Add 1,5litres of water, tomatoes and shredded cabbage and cook until the wors and pasta is cooked.
4. Make a paste of the soup powder and add to the pot. Mix well and simmer for 5 minutes until cooked through.
5. Serve with chopped parsley.

Notes:

* Optional

Meaty Pizza Pasta Bake

Pasta Bolognaise Sock

Ingredients:

1 x Tin Tomato & Onion Mix
 375ml Grated Mozzarella/Cheddar
 200g Sliced Salami or
 Fried Bacon/Mince
 Crushed Garlic*
 Salt & Pepper to Taste
 Water



Preparation:

1. Preheat the oven to 180 °C.
2. Cook the Pasta Bolognaise Sock ingredients as per instructions. Once cooked, add half a cup of cheese and mix through.
3. In a medium size greased ovenproof dish, spread the Pasta Bolognaise. (Press down).
4. Spread the tomato and onion mix on top, followed by the remaining cheese and lastly your choice of meat.
5. Season with salt & pepper.
6. Bake for 20 minutes until crispy and brown.

Notes:

* Optional

Pasta Bolognaise Lasagne

Pasta Bolognaise Sock

Ingredients:

FILLING:

500g Beef Mince*
 2 x Sliced Onions
 15ml Crushed Garlic
 10ml Crushed Ginger
 Oil
 Salt & Pepper to Taste
 2ml Fine Nutmeg
 1 x Can Chopped Tomatoes
 50g Tomato Paste
 20ml Sugar

CHEESE SAUCE:

100ml Margarine/Butter
 50ml Flour
 50g White Onion Soup Powder
 3ml Mustard Powder*
 500ml Milk
 Salt & Pepper to Taste
 250ml Grated Cheddar Cheese



Preparation:

1. Preheat the oven to 180 °C.
2. In a large pot, heat the oil and sauté the onions, garlic, ginger & nutmeg until the onions are soft. Add the mince, flake with a fork and cook until brown. Add the pasta bolognaise Sock and mix well.
3. Add 1.5 litres water, tomatoes and paste and cook on low heat, stirring often.
4. Once the pasta is cooked, season with salt and pepper & sugar.

CHEESE SAUCE:

1. Melt the margarine and add the flour, mustard powder & soup powder.
2. Mix until smooth and add the milk little by little. Bring to the boil and stir continuously until the sauce has thickened.
3. Add the grated cheese and mix well. Season with salt and pepper.
4. Grease an ovenproof dish. Layer the bolognaise mix, followed by the cheese sauce. Repeat until you finish with the cheese sauce.
5. Sprinkle some parsley. Bake in the oven for 25-30 minutes until the cheese has melted and the dish is warmed through.
6. Serve with a fresh garden salad.

TOMATO BREDIE

Food Sock

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TOMATO BREDIE

RECIPE SUGGESTION:

Add a tin of mixed tomato and onion to increase volume and a fresh flavour. A few cooked potatoes and some cooked beef will go well in this dish.

PREPARATION GUIDE:

~ MEAL FOR 4 ~

Boil the beans until soft. Cook all ingredients with approx. 6 cups (1.5 L) boiling water. Cook until the rice is cooked to your liking. STIR WHILE COOKING.

NUTRITIONAL INFO

TOTAL (g)
Serving / 100

Energy (kJ)	1220	1190
Protein (g)	12.5	12.2
Carbohydrates (g)	59	57.5
of which total sugar (g)	9.7	9.5
Total Fat	0.7	0.7
of which total Saturated Fat	0.2	0.2
Dietary Fibre (g)	3.6	3.5
Sodium (g)	0.1	0.1
Cholesterol (mg)	0.6	0.6
Potassium (mg)	90	88



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INGREDIENTS:

Soy, Beans & Pulses,
Rice, Flavourings,
Spices, Dehydrated
vegetables.

Allergens: Soy, Gluten.

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Chicken Livers & Tomato Rice Bowl

Tomato Bredie Sock

Ingredients:

60 ml Oil
 1kg Clean & Trimmed Chicken Livers
 2 x Finely Chopped Onions
 10ml Crushed Garlic
 5ml Crushed Ginger
 10ml Paprika
 2 x Tins Chopped & Peeled Tomatoes
 1 x Knorr Chicken Stock Pot
 45ml Peri-Peri Sauce



Preparation:

1. Heat 30ml oil and fry the chicken livers until brown.
2. Remove from pan.
3. Heat the remaining oil and fry the onion until brown, then add the garlic, ginger and paprika and fry for another 2 minutes.
4. Add the Sock and stir well.
5. Add the tomatoes, stock pot, peri-peri sauce and water and stir well.
6. Simmer on low heat until the rice is cooked.
7. Add the chicken livers and gently fold them through and simmer for 5 minutes.
8. Season with salt & pepper.
9. Taste the acidity of the sauce and add a little bit of sugar.

Notes:

* Optional

Cabbage Rolls

Tomato Bredie Sock

Ingredients:

15ml Oil
1 x Chopped Onion
Cabbage Leaves
1 x Can Boerie Relish

WHITE SAUCE:

1pkt White onion soup
100ml Margarine
50g Flour
3ml Mustard Powder*
500ml Milk
Salt and Pepper to Taste
Grated Cheese*
Parsley



* Optional

Preparation:

1. Preheat the oven to 180 °C.
2. Fry the onion in oil until soft.
3. Add Sock and cook according to instructions on the packet and set aside once cooked.
4. Boil 8 cabbage leaves in water until soft. Remove the vein from each leaf.
5. Place 2-3 heaped tablespoons of Tomato Bredie onto each cabbage leaf and fold in from the bottom and roll up. Tucking in the sides as you go.
6. Pour the relish into an oven proof dish.
7. Place the rolls, seams down onto the relish.
8. Cover the cabbage rolls with white sauce and sprinkle with cheese and parsley.
9. Cover and bake for 35 minutes.
10. Remove lid/foil and bake until cheese is golden brown.



WHITE SAUCE:

1. Melt margarine in a pan.
2. Add flour and soup powder. Whisk and remove from heat.
3. Stir in milk while whisking.
4. Return to heat, stirring/whisking continually until cooked and thickened.
5. Add mustard*, salt and pepper to taste.

Fried Potato Lasagne

Tomato Bredie Sock

Ingredients:

4 x Potatoes, peeled
 Oil for frying
 1 x Chopped Onion
 ½ x Red, Green & Yellow Pepper
 15ml Tomato Paste
 1cup Grated Mozzarella Cheese
 5ml Dried Parsley
 Salt & Pepper to Taste
 Water



Preparation:

1. Slice the potatoes ½ cm thick.
2. Fry the potatoes in the oil until brown and cooked. Set aside.
3. In a separate pan, add some oil and fry onion & peppers.
4. Add the Tomato Bredie Sock and stir well.
5. Add tomato paste, parsley and 5 cups of water. Bring to a boil and simmer until cooked and thickened.
6. Season with salt & pepper.
7. Brush another pan with oil.
8. Line the potatoes in a single layer. Top with the tomato bredie mix.
9. Top with mozzarella cheese.
10. Repeat the layers, finishing off with cheese.
11. On low heat, cover the pan with a lid until the cheese has melted. Serve with a salad.

Notes:

* Optional

Nachos

Tomato Bredie Sock

Ingredients:

1 x Chopped Onion
 Oil
 Guacamole
 1 x Diced Tomato
 1 x Finely Chopped Onion
 Sour Cream
 Grated Cheddar Cheese
 Sliced Jalapenos
 Tortilla / Dorito Chips
 1x Drained Can Corn*
 Sliced Olives*

SPICE BLEND:

1tsp Chilli powder*
 1tsp Ground cumin
 ½tsp Ginger
 ½tsp Coriander
 1tsp Paprika
 Black Pepper to taste
 Pinch of cayenne pepper*



* Optional

Preparation:

1. Preheat the oven to 180 °C.
2. Combine all of the Spice Blend spices.
3. Heat the oil on medium heat and fry the onion and add the spice blend.
4. Add the Tomato Bredie Sock and fry together with the onion.
5. Add the water as per instructions on the packet and cook on low heat until cooked.

TO ASSEMBLE:

1. Arrange the chips on a platter.
2. Add some grated cheese.
3. Top with the tomato bredie mix.
4. Cover with more grated cheese.
5. Bake until golden then carefully removed the dish from the oven. Top with your favourite toppings.

One Pot Savoury Mince & Rice

Tomato Bredie Sock

Ingredients:

500g Beef Mince*
 1 x Diced Green Pepper
 1 x Diced Yellow Pepper
 1 x Chopped Onion
 250g Sliced Mushrooms
 3 x Grated Carrots
 15ml Crushed Garlic
 1 x Beef Stock Cube
 1 x Can Chopped Tomatoes
 250ml Frozen Sweetcorn
 500ml Chopped Spinach



Preparation:

1. Heat the oil in a pan and fry the onion, peppers, carrots, mushrooms & garlic for 2 minutes on medium heat.
2. Add the mince and break it down with a fork. Add the tomato bredie Sock and mix well.
3. Dissolve the stock cube into a cup of water and add to the mixture.
4. Add 5 cups of boiling water & canned tomatoes. Mix well.
5. Simmer for 20 minutes, stirring occasionally.
6. Add the corn and spinach. Mix through and cook for another 10 minutes.
7. Serve.

Notes:

* Optional