

monday



Bacon-wrapped Veggie Fingers with Pesto

tuesday



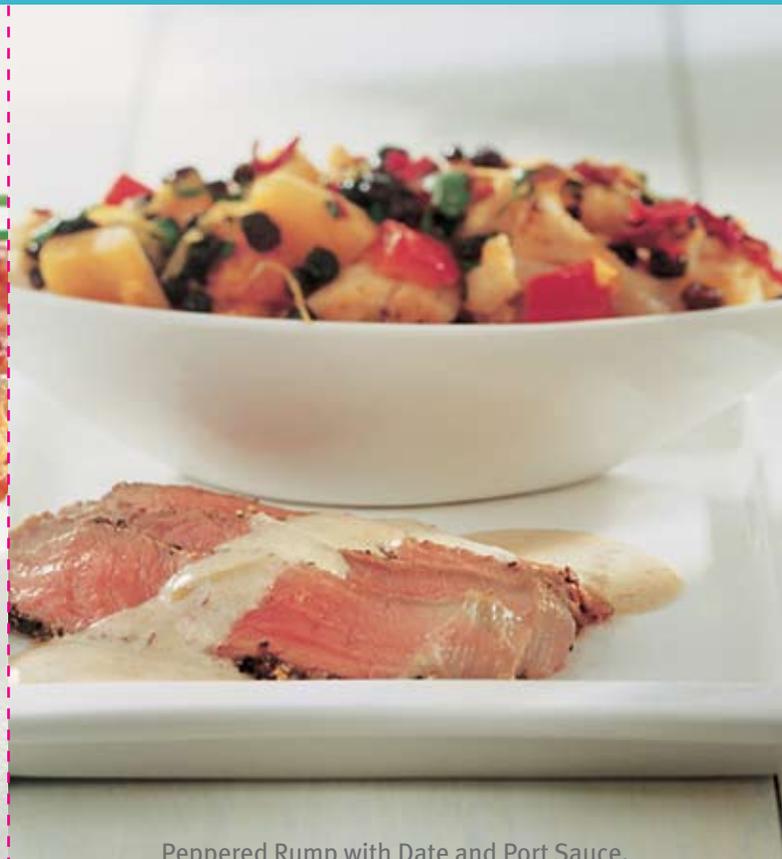
Ravioli with Roast Vegetables

wednesday



Mini Potato Pizzas

thursday



Peppered Rump with Date and Port Sauce,
and McCain Potato Bake

Ravioli with Roast Vegetables

- 1 kilogram McCain Roast It! Vegetables
- 1-4 large cloves garlic, slivered
- splash of olive oil
- 5 millilitres dried mixed herbs or 25 millilitres fresh mixed herbs
- 500 grams fresh ravioli with any filling of your choice
- dash of cream
- freshly ground black pepper
- Parmesan shavings

Place the McCain Roast It! Vegetables and garlic in a roasting pan and sprinkle with the olive oil and herbs. Toss well and bake according to the directions on the packet. Just before taking the vegetables out of the oven, cook the ravioli as directed on the pack. Drain well and place in a large, shallow serving dish. Top with the roast vegetables, add the cream, black pepper and Parmesan shavings and toss lightly.



Bacon-wrapped Veggie Fingers with Pesto

- 8 rashers rindless bacon
- 125 millilitres basil pesto
- 8 McCain Veggie Fingers

Preheat the oven to 190°C. Stretch the bacon rashers a little by pulling each one lightly over the blunt end of a table knife. Spread each with pesto and wrap one around every McCain Veggie Finger. Place on a rack fitted in a baking tray with the loose ends of the bacon underneath it. Bake for about 20 minutes until crisp and cooked through.



Peppered Rump with Date and Port Sauce, and McCain Potato Bake

- 1.8 kilogram whole rump steak, fat scored
- olive oil
- prepared hot English mustard
- 90 millilitres coarse black pepper
- 100 grams pitted dates, coarsely chopped
- 250 millilitres prepared beef stock
- 250 millilitres port
- zest of 2 lemons
- 250 millilitres sour cream

Preheat the oven to 230°C. Rub the meat with olive oil, then with mustard. Press the pepper into the meat to coat. Roast for 15 minutes, then reduce the heat to 190°C and roast another 15 to 30 minutes. For the sauce, bring the dates and stock to the boil. Simmer for 10 minutes. Add the port, increase heat and cook rapidly until sauce is reduced. Whisk in the zest and cream. Meanwhile, bake your choice of McCain Potato Bake. Serve the sauce with the meat and the Potato Bake on the side.

McCain Potato Bake is available in the following flavours: Sundried Tomatoes, Peppadaws and Mixed Peppers; Cheddar Cheese and Wholegrain Mustard; Leeks, Onion and Parmesan; Traditional.



Mini Potato Pizzas

- 6-8 McCain Potato Cakes
- store-bought tomato pasta sauce or braai relish
- grated mozzarella cheese
- slivers of salami or bacon
- strips of red or green pepper
- pitted black olives
- dried organum
- olive oil

Bake the McCain Potato Cakes as directed. Remove from the oven, but leave them on the baking tray. Increase the oven temperature to 230°C. Spread each potato cake with the tomato pasta sauce or relish and sprinkle with cheese. Scatter the salami or bacon, peppers and black olives on top, add a pinch of organum and a drizzle of olive oil. Return to the oven and bake until the cheese has melted. Serve while hot.



friday



Curried Pumpkin and Chickpea Dip

saturday



Chicken and Herb-Roast Potatoes

sunday



Rustic Lamb Pie

meals for a week

Struggling to muster up the energy for yet another inspired supper? McCain adds simplicity, speed and success to home cooking.

Your cooking skills are great, your meal ideas amazing, but lately you've been wondering whether you can't do all that with much less stress and a lot more free time for yourself. That's just the time to reach into your freezer and pull out McCain. Known worldwide for quality potato chips and innovative frozen food products, McCain can bring some of your culinary gifts to the fore as well as your good intentions to put together a balanced supper for yourself and your family – all that with extra time to spare. The trick is that you don't have to go all out every night of the week. To make your week a run that's truly home free, McCain has lined up a range of meal ideas for all tastes, as well as catering for those nights when the cook needs to put her feet up. Just tear out these recipes as your inspiration for the seven days ahead, use our handy shopping list for your weekly grocery shopping, stock up on McCain's homely, authentic products, and you'll soon be serving supper with a twinkle in the eye and your favourite book in your back pocket.

FOR MORE INFO, CALL 0800 006 498 OR EMAIL CONSUMER@MCCAIN.CO.ZA

Chicken and Herb-Roast Potatoes

- ½ chicken stock cube in 600 millilitres water
- 1 large onion, quartered
- 2 large carrots, scraped
- 2 large celery sticks
- 1 bay leaf and/or 6 whole cloves
- 12 chicken pieces
- 1 kilogram McCain Roast Potatoes
- 180 millilitres olive oil
- 90 millilitres sage or rosemary leaves, finely chopped
- 2-3 garlic cloves, finely chopped
- salt and ground black pepper
- lemon juice

Simmer the stock with the vegetables and bay leaf for 15 minutes. Add the chicken, simmer for 15 minutes. Meanwhile, preheat the oven to 190°C. Remove chicken from the stock, drain and reserve the stock. Place the chicken pieces and the McCain Roast Potatoes in a roasting pan. Whisk together the olive oil, sage or rosemary and garlic, and pour over potatoes. Season and roast until crisp. Skim the fat from the stock and, using the stock, make a gravy in the pan. Add lemon juice to taste.



Curried Pumpkin and Chickpea Dip

- 1 425-gram tin chickpeas in brine
- 500 grams McCain Pumpkin Chunks, cooked
- 250 grams plain low-fat cream cheese
- 15 millilitres curry powder
- 5 millilitres ground cumin
- 1 clove garlic, sliced
- 5 millilitres fresh ginger, grated
- 65 millilitres coriander leaves or parsley, chopped
- 65 millilitres Greek yoghurt
- salt and ground black pepper

Drain the chickpeas and reserve some of the brine. Place the chickpeas in a blender and add the rest of the ingredients, except the brine and seasoning. Purée until smooth. Season to taste and use some of the reserved brine to thin the dip down to your liking. Serve with crisp and golden McCain Real Ovenbake Chips. (Just the thing to take to a braai!) For Warm Mexican Corn and Warm Spinach and Feta dips, visit www.realsimple.co.za and log on to the Noticeboard.



SHOPPING LIST

Take this handy list along next time you go shopping. In addition to the McCain frozen foods, this is all you need to cook up a week's worth of delicious meals.

- | | |
|---|---|
| <input type="checkbox"/> 500 grams sliced salami | <input type="checkbox"/> rosemary leaves |
| <input type="checkbox"/> 2 packets rindless bacon rashers | <input type="checkbox"/> fresh ginger |
| <input type="checkbox"/> 12 chicken pieces | <input type="checkbox"/> coriander leaves |
| <input type="checkbox"/> 1.8 kilogram whole rump steak | <input type="checkbox"/> fresh and dried mixed herbs |
| <input type="checkbox"/> 900 grams cubed lamb | <input type="checkbox"/> dried origanum |
| <input type="checkbox"/> 500 grams fresh ravioli | <input type="checkbox"/> salt |
| <input type="checkbox"/> 1 packet shortcrust dough | <input type="checkbox"/> coarse black pepper |
| <input type="checkbox"/> mozzarella cheese | <input type="checkbox"/> curry powder |
| <input type="checkbox"/> Parmesan cheese | <input type="checkbox"/> ground cumin |
| <input type="checkbox"/> 1 tub low-fat cream cheese | <input type="checkbox"/> ground cinnamon |
| <input type="checkbox"/> 250 millilitres fresh cream | <input type="checkbox"/> bay leaves |
| <input type="checkbox"/> 250 millilitres sour cream | <input type="checkbox"/> cloves |
| <input type="checkbox"/> 1 small tub Greek yoghurt | <input type="checkbox"/> tomato pasta sauce or braai relish |
| <input type="checkbox"/> 1 tin pitted black olives | <input type="checkbox"/> basil pesto |
| <input type="checkbox"/> 100 grams pitted dates | <input type="checkbox"/> hot English mustard |
| <input type="checkbox"/> 1 tin chickpeas in brine | <input type="checkbox"/> tomato paste |
| <input type="checkbox"/> 8 garlic cloves | <input type="checkbox"/> bottle lemon juice |
| <input type="checkbox"/> 1 red or green pepper | <input type="checkbox"/> beef stock |
| <input type="checkbox"/> 2 large onions | <input type="checkbox"/> lamb stock |
| <input type="checkbox"/> 2 lemons | <input type="checkbox"/> chicken stock |
| <input type="checkbox"/> 2 large carrots | <input type="checkbox"/> eggs |
| <input type="checkbox"/> celery | <input type="checkbox"/> port |
| <input type="checkbox"/> parsley sprigs | <input type="checkbox"/> good red wine |
| <input type="checkbox"/> sage leaves | <input type="checkbox"/> olive oil |

Rustic Lamb Pie

- 1 packet ready-made shortcrust dough
- 900 grams cubed lamb (shoulder or leg)
- 1 large onion, chopped
- 250 millilitres good red wine
- 600 millilitres prepared lamb or beef stock
- 45 millilitres tomato paste
- 2 bay leaves
- pinch of ground cinnamon
- 45 millilitres fresh rosemary leaves
- 500 grams McCain French Stir Fry
- 1 small egg, beaten with 25 millilitres cold water

Line the bottom and sides of a deep, 23-centimetre, loose-bottomed pie dish using ¾ of the dough. Prick it lightly with a fork and chill for 30 minutes. Cover remaining dough with plastic and refrigerate. Meanwhile, preheat the oven to 190°C. Bake the crust blind for 20 minutes. Remove from the oven and set aside. Heat a little olive oil, brown the meat and add the onion. Sauté until translucent. Add the wine, stock, tomato paste, bay leaves, cinnamon and rosemary. Bring to a boil, cover, reduce heat and simmer for 60 to 90 minutes until the meat is tender. Add the McCain Stir Fry, cover and cook for 10 minutes. Season. Increase heat and cook rapidly to reduce the sauce. Pour into the pie crust. Decorate the pie with the remaining dough. Brush the pastry with egg and bake for 30 minutes.

