



# EAT FOR GOOD RECIPE BOOK

A TASTE OF CHRISTMAS 2021





**Eat for Good**  
**Recipe Book**



Welcome to the Eat for Good

# A Taste of Christmas Recipe Book!

We are delighted to deliver 10 delicious Christmas recipes to you, each featuring at least one Future 50 Foods ingredient!

The recipe book contains ingredient swaps & twists for top Christmas dishes in Nigeria as well as more inspirational recipes meant to help you discover new flavours and diversify your diet towards a more sustainable food future.

**Enjoy!**





# The Future 50 Foods.

The Future 50 Foods are ingredients we should eat more of, because they have a high nutritional value and a relatively lower impact on the environment.

## Algae

1. Laver seaweed
2. Wakame seaweed



## Beans & Sprouts

3. Adzuki beans
4. Black turtle beans
5. Broad beans (fava beans)
6. Bambara groundnut
7. Cowpeas
8. Lentils
9. Marama beans
10. Mung beans
11. Soy beans



## Cacti

12. Nopales



## Cereals & Grains

13. Amaranth
14. Buckwheat
15. Finger millet
16. Fonio
17. Khorasan wheat
18. Quinoa
19. Spelt
20. Teff
21. Wild rice



## Fruit vegetables

22. Pumpkin flowers
23. Okra
24. Orange tomato



## Leafy Greens

25. Beet greens
26. Broccoli rabe
27. Kale
28. Moringa
29. Pak-choi (Chinese Cabbage)
30. Pumpkin leaves
31. Red cabbage
32. Spinach
33. Watercress



## Mushrooms

34. Enoki mushroom
35. Maitake mushroom
36. Saffron milk cap mushroom



## Nuts & Seeds

37. Flax seeds
38. Hemp seeds
39. Sesame seeds
40. Walnuts



## Root vegetables

41. Black salsify
42. Parsley root
43. White icicle radish



## Sprouts

44. Alfalfa sprouts
45. Sprouted kidney beans
46. Sprouted chickpeas



## Tubers

47. Lotus root
48. Ube (purple yam)
49. Yam bean root (jicama)
50. Red Indonesian (cilembu) sweet potato





# Recipes



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# Recipes



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# Party Jollof rice with grilled chicken & red cabbage coleslaw

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# Party Jollof rice with grilled chicken & red cabbage coleslaw

Prep Time: 15 minutes  
Cook Time: 30-35 minutes  
Feeds: 5 people  
Difficulty: Easy

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## Ingredients:


### RICE

- 3 ½ cups rice, parboiled
- 4 cloves of garlic, minced
- 3 tbsp tomato paste
- 3 cups of tomato blend (10 medium size fresh tomatoes, 3 extra hot rodo/scotch bonnet peppers, ½ big size onion, 3 tatashes, 5 red chillies)
- 1 small ginger, minced
- 1 tbsp black pepper powder
- 1 tsp dry thyme
- 5 tbsp of olive oil
- 3 Knorr chicken seasoning cubes
- 1 cup chicken stock
- ½ coriander/cilantro leaves, chopped
- ¼ tsp salt
- 2 bay leaves
- 1 cup diced onions
- Fresh basil

### CHICKEN

- 5 chicken laps
- 1 tsp of salt
- 1 tbsp of curry powder
- 2 cloves of garlic
- small size ginger
- 2 Knorr chicken seasoning cubes

### COLESLAW

-  1 medium sized red cabbage, sliced thinly
- 3 medium sized carrots, grated
- Lettuce, sliced thinly
- 1 tbsp fresh lemon juice
- ½ cup mayonnaise

### Method:

#### RICE

- Heat olive oil
- Once it's hot, add dice onions and fry till translucent
- Then add the tomato paste and fry for about 3 minutes.
- Add the ginger, garlic,
- Add the tomato blend and fry till the oil floats on top (10 minutes est)
- Add bay leaves, thyme & Knorr chicken cubes
- Add your rice and mix in completely
- Add chicken stock
- Cover with a tight lid and cook for about 20 minutes or till rice is soft
- Garnish with basil and coriander leaves

### CHICKEN

- Mix the garlic, salt, curry powder, garlic, ginger & Knorr chicken cubes together
- Rub on chicken laps
- Marinate for 2 hours - overnight
- Preheat the oven to 125°F
- Wrap the chicken laps in foil paper
- Bake in the oven for 20 - 25 minutes

### COLESLAW

- Mix carrot, lettuce and red cabbage together
- Squeeze in the fresh lemon juice
- Add in the mayonnaise

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# Efo soup & Pounded Yam

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# Efo soup & pounded yam

Prep Time: 20 minutes  
Cook Time: 30-40 minutes  
Feeds: 5 people  
Difficulty: Easy



## Ingredients:

### EFO

- **F50** 3 bunches efo tete leaves (african spinach/amaranth), chopped
- 1 smoked titus, cut in chunks
- 1 stockfish
- 10 tatashes
- 7 red rodos/scotch bonnet peppers, chopped
- 3 yellow rodos/scotch bonnet peppers, chopped
- ½ cup red oil
- 4 tbsp crayfish, ground
- 1 big pomo, cooked
- 1 big onion bulb, chopped
- 2 tbsp of iru/locust beans
- 1 big dry fish
- 1 tbsp salt
- 1 Knorr beef seasoning cube

### POUNDED YAM

- ½ big yam, boiled
- ½ cup water

## Method:

### EFO

- Blanch efo tete in hot water for about 2 minutes
- Heat up red oil
- Add onions and fry till translucent
- Add tatashes and rodos/scotch bonnet peppers
- Add Knorr beef seasoning, salt, crayfish and iru/locust beans
- Add stockfish, smoked titus and dry fish
- Add Efo tete leaves and mix thoroughly
- Cook for about 3-5 minutes

### POUNDED YAM

- Place yams in a mortar
- Add some water
- Pound until smooth and soft

# Nigerian Fried rice with Turkey & classic Nigerian salad



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# Nigerian Fried rice with Turkey & Classic Nigerian salad

Prep Time: 20 minutes  
Cook Time: 30-40 minutes  
Feeds: 5 people  
Difficulty: Easy



## Ingredients:


### NIGERIAN FRIED RICE

- 3 cups of long-grain rice, parboiled
- 50g liver, cooked and diced
- 2 small carrots, diced
- ½ red bell pepper, diced
- 1 green bell pepper, diced
- ½ yellow bell pepper, diced
- 15g green runner beans, diced
- 1 big onion bulb, diced
- 4 tbsp green peas, diced
- 4 tbsp olive oil
- 15g spring onions, diced
- 4 cups of chicken stock
- 2 Knorr chicken seasoning cubes

### PEPPER TURKEY

- 3 turkey wings
- 4 tatashes
- 2 rodo/scotch bonnet peppers
- ½ onion bulb
- 4 cloves of garlic
- ½ sachet Knorr chicken seasoning powder
- 3 tbsp olive oil
- 1 tsp salt
- 1 tsp dry thyme
- 1 tsp curry

### CLASSIC NIGERIAN SALAD:

- ½ cup sweet corn
- ½ cup macaroni, cooked
- 2 hard boiled eggs, boiled
- 1 carrot, grated
- 15g cabbage, thinly sliced
- 1 cucumber, diced
- 2 tomatoes, diced
-  15g kidney beans, cooked \*F50\*
- ¾ cup salad cream

### Method:

#### NIGERIAN FRIED RICE

- Cook rice in chicken stock till fully cooked
- Heat up olive oil in a pan
- Add onions and fry till translucent
- Add diced liver, carrots, red bell pepper, green bell pepper, yellow bell pepper, green runner beans, green peas, spring onions and stir fry
- Season with Knorr chicken seasoning cubes
- Add cooked rice and combine all ingredients

#### TURKEY

- Cut each turkey wing into 2 pieces
- Marinate for 2 hours to overnight with salt, ½ sachet Knorr chicken seasoning, dry thyme, 2 garlic cloves, curry
- Preheat the oven to 125°F
- Place turkey in oven
- Grill for 30 minutes
- Create a pepper mix by roughly blending tatashe, rodo/scotch bonnet peppers, onions, garlic, 1 sachet Knorr chicken seasoning
- Add olive oil in a pan and heat up
- Add pepper mix
- Add grilled turkey to pepper mix

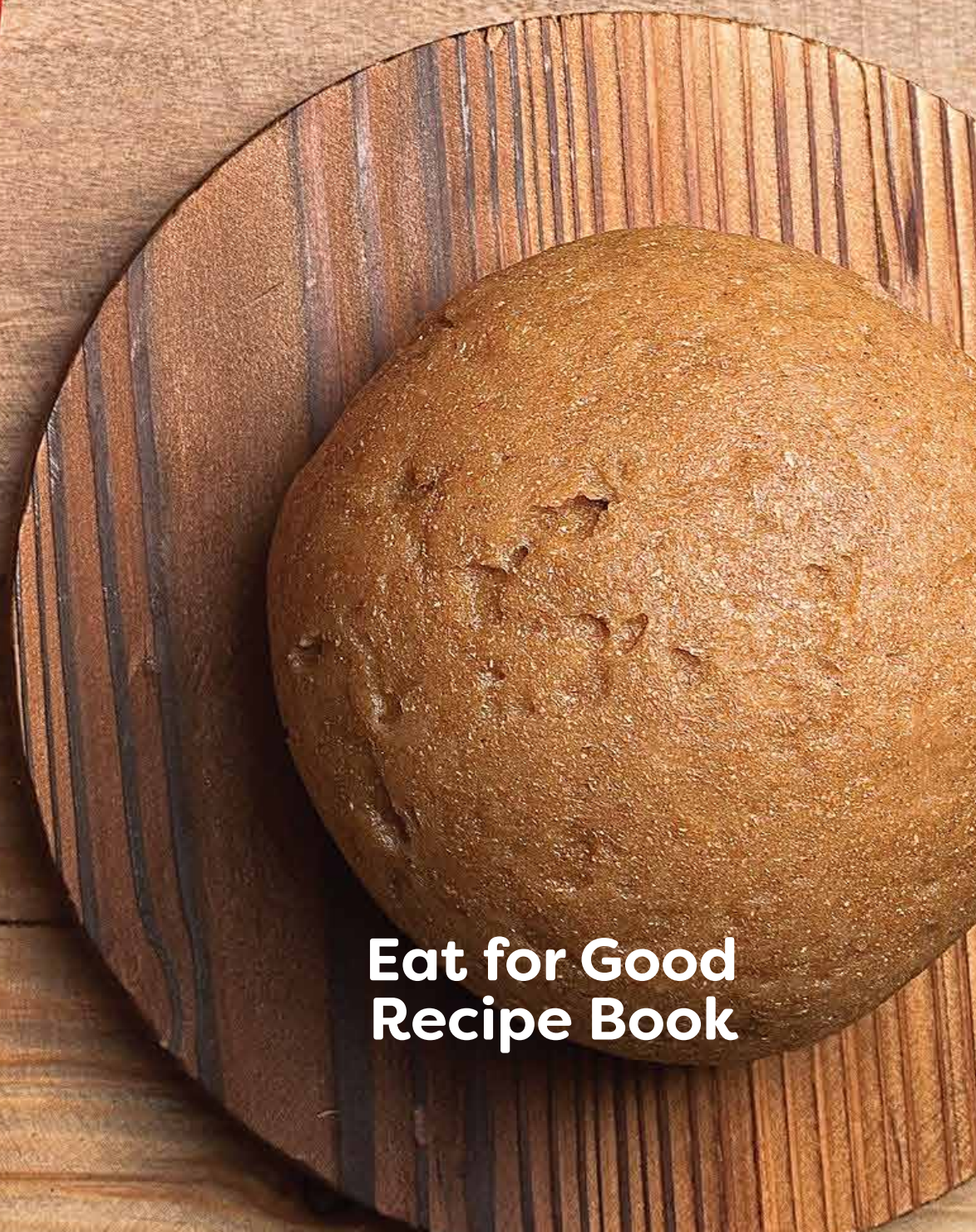
#### CLASSIC NIGERIAN SALAD:

- Mix all ingredients and vegetables together - sweetcorn, macaroni, eggs, carrot, cabbage, cucumber, tomatoes & kidney beans
- Add salad cream when serving

# Seafood Okra & Buckwheat Swallow



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# Seafood Okra & Buckwheat Swallow

Prep Time: 20 minutes  
Cook Time: 30-40 minutes  
Feeds: 5 people  
Difficulty: Easy

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## Ingredients:

### SEAFOOD OKRA:

- F50** 3 cups chopped okra
- 2 tbsp red oil
- 2 crabs
- 1 croaker fish
- 5 medium sized prawns
- 1 cup crayfish, ground
- 200g calamari
- 150g mussels
- 3 snails, cooked
- 1 red scotch bonnet pepper, diced
- 1 yellow scotch bonnet pepper, diced
- 4 tatashe
- 1 Knorr beef seasoning cube
- Salt

### BUCKWHEAT SWALLOW

- F50** 12 cups of buckwheat flour
- 6 cups of water

## Method:

### SEAFOOD OKRA:

- Place crabs, croaker fish (cut into 5 pieces), prawns, calamari & mussels
- Season with salt, Knorr beef seasoning cubes and red scotch bonnet pepper
- Add a little water
- Cook for about 5 minutes
- Remove the seafood from the stock and set aside
- Blend tatashe and yellow scotch bonnet pepper together
- Add pepper blend to stock and stir
- Add red oil and stir
- Cook for 5 minutes
- Add crayfish
- Add okro
- Cook for 5 minutes
- Add seafood back in the pot and mix
- Cook for 1 minute

### BUCKWHEAT SWALLOW

- Boil water in a pot
- Add buckwheat powder
- Stir away lumps and mold



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# Prawns Stir-Fry Quinoa

with cucumber and  
tomatoes salad.



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# Prawns Stir-Fry Quinoa with Cucumber & Tomato Salad

Prep Time: 15 minutes  
Cook Time: 20-25 minutes  
Feeds: 2 people  
Difficulty: Easy

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## Ingredients:

### PRAWNS STIR-FRY QUINOA:

- F50** 1 cup quinoa
- 1 cup water
- 4 medium prawns, cleaned
- 12g spring onions
- ½ red bell pepper
- ½ green bell pepper
- ½ yellow bell pepper
- 1 small carrot, diced
- 2 garlic cloves, minced
- ½ ginger, minced
- 1 small onion, diced
- 2 tbsp sesame oil
- 1 tbsp olive oil
- teaspoon salt
- 2 tsp Knorr chicken seasoning powder

### CUCUMBER & TOMATO SALAD

- 1 cucumber, sliced
- 4 cherry tomatoes, quartered
- 20g rocket leaves, sliced
- ½ lemon
- ½ tsp black pepper powder
- A pinch of salt

## Method:

### PRAWNS STIR-FRY QUINOA:

- Place water and quinoa in a pot
- Add salt and for about 10 minutes or till soft
- Heat olive oil and sesame oil
- Add onions and until translucent
- Add ginger and garlic
- Add carrots, red bell peppers, green bell peppers, yellow bell peppers and spring onions
- Add Knorr chicken seasoning powder
- Add prawns and stir
- Cook for 5 minutes or till prawns are pink
- Add quinoa and stir
- Cook for 2 minutes

### CUCUMBER & TOMATO SALAD

- Combine cucumber, cherry tomatoes & rocket leaves
- Add black pepper and salt
- Squeeze lemon and toss together



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# Red Lentils

served with rib eye  
steak and mixed  
vegetables

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# Red Lentils with Rib-eye Steak and Mixed Vegetables

Prep Time: 15 minutes  
Cook Time: 30-45 minutes  
Feeds: 1 person  
Difficulty: Medium

## Ingredients:

### RED LENTILS

-  ½ cup lentils
- 1 cup of water
- ½ cup coconut milk
- 2 stalks lemongrass
- 8 red chillies
- 2 fresh turmeric
- 2 cloves garlic
- ½ ginger
- 1 small onions
- 1 ½ tsp salt
- ½ tsp cumin powder
- 1 tsp coriander powder
- 1 tsp Knorr classic seasoning powder
- ¾ tbsp olive oil

### RIB-EYE STEAK

- 200g ribeye steak
- Salt
- Black pepper
- Knorr beef seasoning cubes

### MIXED VEGETABLES

- 1 small carrot, sliced
- ½ small zucchini, sliced
- 4 pieces of runner beans, sliced
- 1 tsp oil
- A pinch of salt
- ½ tsp thyme
- ½ tsp black pepper

## Method:

### RED LENTILS

- Combine red lentils and water in a pot
- Add a pinch of salt and cook until tender
- Create a puree blend of red chillies, garlic, turmeric, ginger, ½ small onion, bulb and lemongrass
- Heat up olive oil in a pan
- Add minced onions and fry till translucent
- Add puree blend and fry for about 3 minutes
- Add cumin powder, coriander powder, salt and Knorr classic seasoning powder to taste
- Pour in coconut milk
- Add sauce to cooked lentils
- Stir to combine well and cook for about 10-15 minutes

### RIB-EYE STEAK

- Season steak with salt, black pepper and Knorr beef seasoning cubes
- Place a pan on high heat
- Add in oil
- Cook steak: 5 minutes on each side for well done, 4 minutes of each side for medium well done, 3 minutes on each side or medium

### MIXED VEGETABLES

- Heat up oil in a pan
- Add in carrot, zucchini and runner beans
- Season with salt, thyme and black pepper
- Stir fry for 2-3 minute

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# Mushrooms and Carrot fritters

served with grilled  
Grouper and spinach  
and cashew nuts  
salad.



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# Mushroom & Carrot Fritters with Grilled Grouper and Spinach & Cashew nuts Salad

Prep Time: 10 minutes  
Cook Time: 15 minutes  
Feeds: 1 person  
Difficulty: Easy

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## Ingredients:

### MUSHROOM & CARROT FRITTERS:

- 2 small carrots, grated
- <sup>F50</sup> ½ cup enoki mushrooms, minced
- 1 egg, cracked & whisked
- A pinch of salt
- 1 ½ tsp Knorr classic seasoning powder
- 1tsp garlic powder
- 2 tbsp flour
- 3 tbsp oil
- 1 pinch black pepper

### GRILLED GROUPE

- 150g grouper fish fillet
- ½ tsp Knorr classic seasoning powder
- ½ tsp salt
- 1 clove garlic, minced
- 1 tsp olive oil

### SPINACH & CASHEW NUTS SALAD

- <sup>F50</sup> 10g spinach, shredded
- ½ medium sized carrot, grated
- 20g cashew nuts, toasted
- ½ tsp balsamic vinegar

## Method:

### MUSHROOM & CARROT FRITTERS:

- Combine carrots, mushrooms, flour, salt, egg knorr seasoning powder, garlic powder, black pepper in a bowl
- Stir well to combine thoroughly
- Heat oil in a pan
- Add fritter batter into a pan
- Fry for 2 minutes on each side or until golden brown

### GRILLED GROUPE

- Season grouper fish fillet with Knorr classic seasoning powder, salt, minced garlic
- Heat up a pan with olive oil
- Pan grill grouper fish - 4 minutes on each side

### CLASSIC NIGERIAN SALAD:

- Combine spinach, carrots and cashew nuts
- Sprinkle balsamic vinegar on it

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# Red curry Sweet potatoes porridge

served with grilled  
lambchops and kale  
and Beetroot salad.



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# Red Curry Sweet Potatoes Porridge with Grilled Lambchops & Kale and Beetroot Salad

Prep Time: 15 minutes  
Cook Time: 30-40 minutes  
Feeds: 1 person  
Difficulty: Medium



## Ingredients:


### RED CURRY SWEET POTATOES PORRIDGE

- 1 big sweet potatoes, cut in chunks
- ½ cup coconut milk
- 2 stalks lemongrass
- 8 red chillies
- 2 fresh turmeric
- 2 cloves garlic
- ½ ginger
- 1 small onions
- 1 ½ tsp salt
- 1 tbsp curry
- ½ tsp cumin powder
- 1 tsp coriander powder
- 1 tsp Knorr classic seasoning powder
- ¾ tbsp red oil
- Scent leaves

### LAMBCHOPS:

- 1 lamb chops, cleaned
- 4g fresh dill, chopped
- ¾ clove garlic, minced
- ¾ tbsp olive oil
- 1 rodo/scotch bonnet peppers, minced
- ½ tsp Knorr classic seasoning powder
- tsp salt
- tsp black pepper

### KALE & BEETROOT SALAD

-  Kale, shredded
- Beetroot, cooked and diced
- A pinch of salt
- ½ tsp olive oil

### Method:

#### RED CURRY SWEET POTATOES PORRIDGE

- Create a puree blend of red chillies, garlic, ginger, turmeric, ½ small onion bulb and lemongrass
- Heat up red oil in a pan
- Add minced onions and fry till translucent
- Add puree blend and fry for about 3minutes
- Add curry, cumin powder, coriander powder, salt and Knorr classic seasoning powder to taste
- Pour in coconut milk
- Add sweet potatoes
- Stir to combine well and cook until potatoes are tender

### LAMBCHOPS:

- Season lamb chops with black pepper, ½ tsp salt & 1 tsp Knorr classic seasoning powder
- Place on heated pan for 2 minutes on each side
- Mix fresh dill, garlic, olive oil, 1 tsp Knorr classic seasoning powder, a pinch of salt and rodo/scotch bonnet peppers together
- Cover lamb chops with mix
- Preheat oven to 150 °F
- Place in oven for 10 minutes

### KALE AND BEETROOT SALAD:

- Combine kale and beetroot
- Add olive oil and salt



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# Orange Ofada Stir Fry

with Chicken Roulade  
& Beetroot, Tangerine &  
Moringa Salad



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# Orange Ofada Stir Fry with Chicken Roulade & Beetroot, Tangerine & Moringa Salad

Prep Time: 15 minutes  
Cook Time: 30-40 minutes  
Feeds: 1 person  
Difficulty: Medium

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## Ingredients:

### ORANGE OFADA STIR FRY RICE:

- 1 cups ofada rice
- 2 ripe oranges
- ½ onion bulb, chopped
- 2 tbsp olive oil
- 2 garlic cloves, minced
- ¼ ginger, minced
- A pinch of salt
- 1 tbsp black pepper
- 2 Knorr seasoning cubes

### CHICKEN ROULADE:

- 1 chicken boneless chicken breast
- 1 tsp salt
- 1 tsp black pepper
- ½ tsp Knorr Chicken Seasoning Powder
- 4 big leaves of spinach
- 2 bacon strips
- 1 tbsp olive oil

### BEETROOT, TANGERINE & MORINGA SALAD

- Beetroot, grated
- Tangerine, diced
- Fresh moringa leaves, plucked

## Method:

### ORANGE OFADA STIR FRY RICE:

- Parboil ofada rice or soak in hot water for 15 minutes
- Drain the water and rinse
- Heat up a pot with olive oil
- Add onions and fry till translucent
- Add ginger and garlic
- Add the ofada rice and stir fry for about 5 minutes
- Add salt & Knorr seasoning cubes
- Cover with water and cook till ofada rice is soft
- Heat up a pan with olive oil
- Add ginger, garlic and onions
- Add cooked ofada rice
- Squeeze in orange juice
- Stir

### CHICKEN ROULADE:

- Flatten chicken breast with mallet
- Season with salt, Knorr chicken seasoning and black pepper
- Place chicken on cling film
- Place bacon strips flat on chicken
- Place spinach flat on chicken
- Roll up the chicken gradually into a sausage and enclose with cling film
- Tighten each end of the cling film
- Poach the enclosed chicken in simmering water for 20 minutes or until cooked through
- Unwrap the chicken from the cling film
- Heat up olive oil in a pan and sear it on all sides till brown
- Cut into 3 slices

### BEETROOT, TANGERINE & MORINGA SALAD

- Combine beetroot, tangerine and fresh moringa leaves

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# Broccoli Fried Rice

served with Calamari  
and grilled Bok Choy.

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# Broccoli Fried Rice served with Calamari and grilled Bok Choy.

Prep Time: 20 minutes  
Cook Time: 30 minutes  
Feeds: 2 people  
Difficulty: Easy

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## Ingredients:

### BROCCOLI FRIED RICE:

- 1 cup rice, cooked
- **F50** 0.9kg broccoli, diced
- 1 egg
- 1 tbsp black pepper
- 1 tbsp sesame oil
- 1 tsp oyster sauce
- 1 tsp soy sauce
- 1 small carrot, diced
- 5g spring onions
- ½ red bell pepper
- ½ yellow bell pepper
- ½ green bell pepper
- 1 tsp Knorr chicken seasoning powder

### GRILLED CALAMARI:

- 200g calamari, cleaned
- A pinch of salt
- 1 tsp black pepper
- A squeeze of lemon
- 1 tbsp olive oil

### GRILLED BOK CHOY:

- **F50** 1 Bok Choy
- 1 tsp olive oil

## Method:

### BROCCOLI FRIED RICE:

- Heat up sesame oil in a pan
- Scramble egg in pan
- Add broccoli, carrots, red bell pepper, green bell pepper, yellow bell pepper, spring onions and stir fry
- Season with Knorr chicken seasoning powder and black pepper
- Add cooked rice
- Add oyster sauce and soy sauce
- Combine all ingredients
- Stir for about 3 minutes

### GRILLED CALAMARI:

- Season with salt, black pepper and lemon fresh juice
- Marinate for 30 minutes
- Heat up olive oil on griddle pan
- Pan grill for 3 minutes on each side

### GRILLED BOK CHOY:

- Split the bok choy into halves
- Brush griddle pan with oil and heat up
- Place bok choy on the pan with the inside down
- Cook for 3 minutes on each side
- Season with salt and black pepper



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