



HAKUNA MATATA

Hakuna Matata Meatballs

Delicious wrapped in warm pitas with a cool salsa of yoghurt, mint, spring onion and cucumber or simply served as nibbles.

You will need:

- 1/3 cup of coarse bread crumbs
- 2 heaped Tbs of dry falafel mix
- 1 Tbs water or tomato juice
- 1 onion, very finely chopped
- 2 cloves garlic, crushed
- Juice of ½ a lemon
- 300g lamb mince
- 1 egg, beaten
- 3 heaped Tbs Spice Girlz Hakuna Matata
- 1 large Tbs of each finely chopped parsley and mint
- 2 Tbs Spice Girlz Saucy Tomato

Combine bread crumbs, falafel mix, water or juice, onion and garlic in a large bowl.

Add a pinch of salt, the lemon juice, Hakuna Matata and mince.

Mix well. Stand for 10 minutes.

Add parsley, mint and egg. Mix again until well combined.

If the mixture looks too dry add another Tbs of water or tomato juice and mix well.

With wet hands, form into balls and place on a greased oven tray.

Combine Saucy Tomato with 2 Tbs of olive oil and glaze meatballs generously.

Bake at 180c for about 15 minutes or until meatballs are firm and golden.

Hakuna Matata Chicken and Mushroom Pasta

Serves 4-6
15 minutes to dinner!

You will need:

500g penne or spiral pasta
3 rashers of lean bacon, sliced
A handful of button mushrooms
A good splash of olive oil
2 medium chicken
breasts, sliced in strips
100g baby spinach
125g cream (or more to taste)
1 jar Spice Girlz Hakuna Matata

Bring a pot of boiling water to the boil. Cook until al dente.
Heat olive oil in a large flat pan. Add bacon and mushrooms, stir occasionally to prevent sticking.

Once bacon begins to brown add chicken and stir gently.
When the chicken is just starting to colour add the jar of Spice Girlz Hakuna Matata and the cream. Stir to combine (add more cream if too spicy). Allow to simmer gently but do not boil.

Add the baby spinach, stir until slightly wilted.
Add the drained pasta to the pan and stir until well coated and hot.
Serve with a fresh green salad and crusty bread to mop up the extra sauce.

NOTE: Equally delicious with rice.
Add halved cherry tomatoes or/and diced zucchini as an optional extra.

Pumpkin and Red Lentil Curry

Serves 3-4

You will need:

- 1 clove of garlic, finely chopped
- 1 small onion, cut into fine wedges
- 1 Tbs olive oil
- 4 cups diced pumpkin
- 1 large potato, cubed
- ½ jar Spice Girlz Hakuna Matata
- ½ cup red lentils, rinsed and drained
- 1 cup veg or chicken stock
- 1 cup coconut milk
- ½ cup red capsicum, finely sliced
- ½ cup green beans, chopped

Heat olive oil in a large pan. Add garlic and onion and sauté lightly without colouring.

Add pumpkin and potato and toss until coated. Cook for about 5 minutes then add Hakuna Matata. Stir well and cook for 2 minutes.

Add lentils, stock and coconut cream. Stir thoroughly and cover.

Cook over low heat for about 20 minutes, stirring often to prevent sticking, until the lentils are mushy and the pumpkin is tender but holding its shape.

If the curry seems too dry, add a little more stock.

Stir in the capsicum and green beans, cover and cook 5 minutes longer.

To serve, ladle the curry over hot brown rice and top with a dollop of natural yoghurt.