



RAMADAN Cookbook

Ramadan Kareem



MAGGI STAR CUBE

The unique taste of MAGGI Star Cube ensures that your soups, stews and other dishes are full of delicious flavour!

Try it today! MAGGI Star Cube is also fortified with iron and iodine.





Pankasau Na Flour Da Miyan Taushe



ingredients

- 4 cups Flour • 1 teaspoon Yeast • 3 table spoons Sugar • ½ teaspoon Salt • Lukewarm Water
- Vegetable Oil for frying
- 8 medium Pieces Beef • 1 medium size Smoked Fish • 1 large Pumpkin • 1 small bunch Spinach • 4 large fresh Tomatoes • 1 large Onion • 4 large fresh Pepper • 1 cup Groundnut (ground) • 2 cooking spoons Palm oil or Vegetable oil • 1 large size traditional Locust Bean cake • 3 MAGGI Cubes
- 1 ½ Litres Water • ½ teaspoon Ginger & Garlic

Preparation

Pankasau Na Flour

1. Mix all the ingredients and allow to rise for at least 1 hour. Then Fry. Serve with miyan tuase.

Miyan Taushe

1. In a pot, add the beef, ginger and garlic, onions and MAGGI cubes. Cover and allow to steam in its own juice before adding water. Add the diced pumpkin to cook with the meat. Remove the pumpkin once its soft and blend.
2. In another pot sauté some onions, ginger and garlic till translucent then add tomatoes, groundnut paste, scotch bonnet pepper. Add the cooked beef and broth, stir and allow to cook for a while.
3. Add back the blended pumpkin stir, add the MAGGI Signature Jollof, smoked fish, cover to cook and add the spinach and turn off the heat.



Potatorita and Veggie Chicken Sauce



ingredients

- 1kg Irish Potatoes • 6 Eggs • 2 MAGGI Chicken Cubes • Vegetable Oil for deep frying
- 2 cooking spoons Vegetable Oil • 1 large Onion Chopped • ½ teaspoon each Ginger and Garlic paste • 5 pcs Pepper roughly blended • 6 Tomatoes roughly blended • 2 grilled Chicken Breasts • 1 MAGGI Signature Chicken tablet • 2 chopped Carrots • 1 MAGGI Chicken tablet
- 1pc each Yellow, Red and Green bell pepper, chopped

Preparation

Vegetable Chicken Sauce

1. In a pan, add vegetable oil and allow to heat a bit.
2. Add onions and fry for 2 min.
3. Add ginger/ garlic paste.
4. Add roughly blended pepper and tomatoes.
5. Add grilled chicken breast, MAGGI Chicken tablet and MAGGI Signature Jollof, stir and allow to cook for 4min.
6. Add chopped carrots and the bell peppers.
7. Stir and allow simmering for 3 more mins.

Potatorita

1. Peel the Irish potatoes and slice into halves.
2. Cook them in seasoned water until soft.
3. Allow to cool/place under cold running water.
4. Beat your eggs.
5. Coat the cooked potato into the egg and deep fry until golden brown.



One Pot Lamb Sensation



ingredients

- 2 Irish Potatoes • 2 Bay leaves • 1 cooking spoon Olive Oil • 600 grams Minced Lamb
- Half cup Green Peas • 3 MAGGI Star cubes • 1 teaspoon Black Pepper • Half teaspoon All Purpose Spice • Handful of parsley • 1 teaspoon Ginger & Garlic • 1 small Onion
- 4 pieces Pepper (rodo) • 1 teaspoon Curry • 1 teaspoon Thyme • 1pc each Yellow, Red and Green bell pepper, chopped

Preparation

1. Peel and dice the potatoes, put in water then set aside
2. In a pan, add oil and sauté the onions, ginger and garlic.
3. Add the curry, black pepper, thyme, rodo, bay leaves and stir, then add the minced lamb and the MAGGI Star cubes, stir fry for a few minutes.
4. Add in the diced potatoes, stir fry for a while.
5. Add the peas and water, cover and allow to cook till potatoes are soft.
6. Add the bell peppers and cook for 2 minutes before turning off the heat.
Serve with any flat bread of choice.



Pasta Al-Arabiatta



ingredients

- 2 tbs Olive Oil • 300g Penne Pasta • 1 can Peeled Tomatoes • 5 – 8 fresh tomatoes (peeled) • 1/2 cup chopped Spring Onions • 1 cup diced Onion • 2 MAGGI Star cubes • Handful of parsley
- 1tbs crushed ginger & garlic • 1tbsp crushed chilli • 1/2 cup Parmesan Cheese
- 3 stalk Thyme • 3 pcs fresh chili • MAGGI Signature Jollof

Preparation

1. First, parboil penne pasta in salt water strain and cool the pasta
2. In a wok add olive oil allow to heat, add onions, ginger & garlic fry.
3. Add fresh chili and fry for few minutes.
4. Add fresh peeled tomatoes and allow to fry for 8min. Add chili powder for more heat. Add some fresh parsley, fresh thyme, 2 cubes of MAGGI Star and MAGGI Signature Jollof for extra flavour.
5. Add in cooked penne pasta and stir.
6. Finish off with more parsley stir and allow to simmer for 2 minutes.
7. Serve hot and sprinkle parmesan cheese.



Ayamase Pasta (local spaghetti)



ingredients

- 2 cooking spoons Palm Oil • 1tbs Locust Beans • ½ cup Crayfish • 1 large Onion (rough blend)
- 4 green peppers (rough blend) • 3 pieces green tatashe (rough blend) • 2 MAGGI Crayfish tablets • 2 Smoked Fish • 1 Mackerel ice fish • 1 cup ugu leaves • 400g spaghetti • 1 MAGGI Signature Jollof sachet

Preparation

1. Parboil spaghetti in salt water and strain then keep aside
2. In a pot, add palm oil, fry the mackerel ice fish, remove and set aside.
3. Then add onions, locust beans, crayfish and fry.
4. Add in roughly blended peppers, continue frying, season with 1 MAGGI Crayfish tablet.
5. Add in boiled eggs and smoked fish.
6. Add parboiled spaghetti, stir then add the ugu leaves and allow to simmer.
7. Add back the fried mackerel fish.



Coconut Moimoi with Kunun Couscous



ingredients

- 2 cups Beans • 2 large red Bell Peppers • 4pcs Scotch Bonnet Pepper
- 4pcs of Shombo • 1 large Onion • 2 tablespoons Crayfish Powder • 83ml Coconut Oil
- 100ml stock (hot) • 1 tablet MAGGI Crayfish • 1 MAGGI Signature Jollof sachet • 1 medium Smoked Mackerel, deboned • 4 boiled Eggs • 100ml Coconut Milk • Moin moin leaves to wrap
- 3 cups water • 1 cup Couscous • 1/2 cup Powdered Milk • Sugar to taste • 1/2 cup NoNo

Preparation

1. Soak beans in water for about 10 minutes.
2. Wash the beans thoroughly to ensure the skin peels off completely.
3. Cut some onions into the beans, add all the peppers and water and blend everything into a smooth paste.
4. Pour paste into a bowl and then add some crayfish, MAGGI Signature Jollof, MAGGI Crayfish, and smoked mackerel.
5. Pour in the coconut milk and the vegetable oil and stir well. Taste and adjust seasoning to preference.
6. Set the already seasoned paste aside and then wash the moi-moi leaves. Cut out the long bone-like edge and then grease with vegetable oil.
7. Fold the leaves into a cone shape, carefully fold the edge in to avoid the paste from pouring out, then dish a sizeable quantity into the cone shaped leaves, add in the boiled egg then close the top by folding back the excess leaves.
8. Place the wrapped moi-moi carefully in a pot. Continue until you're done wrapping.
9. Add just a little water, cover the pot and put it on fire. Keep checking to ensure you still have enough water to cook the moi-moi as you keep adding the water in bits.
10. Between 30-35 minutes of steaming, your moi-moi should be ready to be served.
11. Unwrap and enjoy the goodness of a healthy moi-moi.

Kunun Couscous

1. Pour in the cups of water and milk into a pot and bring to boil.
2. Add in the couscous and stir until it thickens, but not too thick.
3. Add in the NoNo and sugar then stir.
4. Seve hot with Coconut milk Moimoi.



Vegetable Jollof Rice with Soya Chunks



ingredients

- 2tbsp Tomato Puree • 4 fresh Tomatoes • 4 pcs Fresh Pepper • 1½ Onions • 2 large size Tatashe • 3 cooking spoons Vegetable Oil • ¼tsp thyme • ½tsp curry • 5 MAGGI Chicken cubes • Beef stock or water • 4 cups Rice • 100g MAGGI Soya Chunks • 2 big Carrot • 2 Cups Cabbage • 1 cup Green Beans

Preparation

1. Wash and blend tomatoes, 1 onion, fresh pepper (scotch bonnet), and red bell pepper (tartarshe) till smooth and set aside.
2. Heat oil up, add the remaining onion slices, curry and thyme then stir fry for 3 mins, add the pepper mix, and tomato puree and fry for 10 min
3. Add beef stock/water and allow to boil, then add the washed rice, MAGGI Chicken cubes. Stir properly, cover and allow to cook for 20 min.
4. Add the MAGGI Soya Chunks, stir and cover to cook 7min.
5. Stir properly, add the veggies, cover up, reduce the heat and cook for 3 more minutes.



Spicy Curry Goat, Mixed Beans, Rice & Peas with Lentils Salad



ingredients

- 500grams Goat Cutlets/ Ram • 3 tablespoons of Garam Masala • 2 tablespoons of Curry mix
- 3 MAGGI Chicken Cubes • 1 Onion, diced • 1 tablespoon Lemon Rind • 1 tablespoon Corn Flour • 8 Scotch Bonet Peppers • ½ Cup of Lentils • 2 Cucumbers • 4 Hard Tomatoes
- 2 handfuls of Parsley • 2 tablespoons of Malt Vinegar • 2 tablespoons of Extra Virgin Olive Oil
- 4 Lettuce Leaves • 1/2 cup of Kidney Beans (canned) • 1 cup Chickpeas (cooked)
- 1 cup frozen Green Peas • 3 cups Long Grain Basmati Rice • 2 cooking spoons Vegetable Oil

Preparation

1. In a bowl, marinate your ram with curry mix, garam masala, lemon rind, onions, blended pepper, MAGGI Chicken and massage thoroughly, add some corn flour to seal the flavour.
2. Heat up a pan add two cooking spoons of vegetable oil and brown the ram meat.
3. Transfer the pan seared ram meat into a bigger pot, add about 2 cups of water, cover and allow to cook for about 15 minutes.
4. In the same pan used to sear the ram, add some onion allow to caramelize. Then add the cooked basmati rice, allow to brown a little and add the lemon rind, green peas and MAGGI Chicken. Keep stirring while you add the cooked chickpeas, blended pepper and kidney beans. Add some fresh parsley, stir and set aside.
5. Deseed and cut your tomatoes for the salad, put in a bowl, add the cooked lentils, fresh parsley, extra virgin olive oil, malt vinegar, cucumber stripes, mix all together.

Enjoy your curry goat, with the mixed beans, rice and peas, and lentil salad.



Spatchcock Chicken Roast with Herb Potatoes



ingredients

- 1 Whole Chicken • 1 big Onion, minced • 1 scotch Bonnet Pepper, ground
- 2 tbsp of Garlic • Lemon rind of 1 big lemon • 1 tbsp of Coriander Powder • 3 Knobs of Butter
- 4tbsp of Olive Oil • 2 MAGGI Chicken tablets • 2tbsp Garlic & Ginger paste • 4 tbsp of Corn Flour
- 2 handfuls of Potato cuts • 1 handful Fresh Parsley • 1 handful Spring Onion • 1 handful Fresh Dill
- 1tsp Chili Flakes • Soy Sauce

Preparation

1. Remove the backbone of the chicken with scissors and place on a baking tray.
2. In a bowl, combine the garlic paste, scotch bonnet, coriander powder, lemon rind, blended onion, MAGGI Chicken tablet, parsley and butter, mix properly and rub the marinade thoroughly all over the chicken and roast in the oven for about 45 minutes.
3. While the chicken roasts, place a pān on the fire, add butter, ginger and garlic, pour in potatoes, onions, chopped fresh dill, chilli flakes, parsley, MAGGI Chicken cubes and coriander. Stir fry for and while then cover to allow the potatoes to cook. Finish off with some spring onions and more parsley.
4. Make a gravy to eat with the chicken and potatoes by combining some butter, corn, the remaining chicken marinade, stir on the fire, add some soy sauce and water.
5. Serve chicken with herb potatoes and gravy.



Beef Noodle Soup



ingredients

- ½ kilo Beef cuts • ½ liter Beef Bone Broth • 1 pack of rice noodles • 1tsp of black seeds or black sesame seeds • 2tbsp Crushed Garlic & Ginger • 2 tbsp Sesame Oil • 2 MAGGI Star Cubes
 - 1 handful chopped Spring Onions • 1tbsp coriander powder • 2 carrots • 5 scotch bonnet
 - 2 cooking spoons of Vegetable Oil • 1 Cup of Dates (Soaked and Soft) • 1 cup of aya (tigernut)
 - ½ Coconut • 1tbsp of cinnamon • 2 drizzle date syrup • 1 cup of greek yogurt • 1 Banana (optional)
- (Good Blender/Smoothie Maker)

Preparation

Beef Noodles

1. Cook or Soak Rice Noodles in Hot Water for 5 mins. drain out hot water and run cold water to stop the cooking process.
2. Cut your beef into thin strips and prep all veggies
3. In a pan, add chopped onion and stir for 1 minute, add beef and keep stirring without oil.
4. Add 2 cooking spoons of vegetable oil to the beef and stir-fry.

Add some of the carrots for flavour, MAGGI star cubes, garlic and ginger paste, scotch bonnet pepper and cover the pot to allow the beef to cook till tender on a low heat.

In another pot make the soup; add beef broth, ginger and garlic, scotch bonnet, coriander powder, cover pot and allow it boil.

Now plate your noodles; Add Noodles 1st, then add all Veggies, then top with Beef to one side. Pour piping hot Broth over Noodles and Veg. Drizzle Sesame Oil, Sprinkle blackseed and enjoy.

Date Smoothie

1. Make smoothie by adding all ingredients in a blender and whizz up till its smooth.



Paten Shinkafa



ingredients

- 1 cup Shinkafan Tuwo • 1/4 cup Beans, optional • 500g Offals • 4 MAGGI Star cubes
- 1 cooking spoon Palm Oil • 1 large Onion, chopped • 4 large Bell Peppers, chopped
- 4 large Tomatoes, chopped • 5 Habanero Peppers, roughly chopped • 1 cup Spinach, chopped
- 1/2 cup Sorrel Leaves (yakuwa) • 1/2 cup spring onions • Garlic Powder • Black Pepper

Preparation

1. In a medium pot, season the offals with 2 cubes of MAGGI Star, ginger powder, garlic powder, onions then add some water to cook.
2. Add the beans to cook with the offals. After some minutes add the rice.
3. Add water to regulate thickness of sauce. Add one cooking spoon of palm oil and the remaining 2 cubes of MAGGI Star.
4. Add the yakuwa leaves, some pepper, spring onions, onions, stir and leave for a bit.
5. Add the bell peppers, chopped tomatoes, the remaining onions and pepper. Cook with generous quantity of water until it is well done.
6. Add the alaiyaho (spinach) and steam for a minute. Serve hot





Sautéed Tuwon Shinkafa Balls Da Jajjagen Suya Sauce



ingredients

- 5 sticks Suya • 6 large Tomatoes (chopped) • 3 medium Tatashe (chopped) • 3 pieces Rodo (chopped) • 5 pieces Shombo • 1 large onion (chopped) • 1 tablespoon Yaji • 1 Red Bell Pepper (chopped) • 1 Green Bell Pepper (chopped) • A handful spring onions (chopped)
- ½ teaspoon Ginger, finely chopped • ½ teaspoon Garlic finely chopped • 2 MAGGI Star cubes • 1 MAGGI Signature Jollof sachet
- 2 wraps left over tuwo • Ginger and garlic • 1 small onion, thinly sliced • 1 tablespoon yaji • 1 tablespoon oil

Preparation

Jajjagen suya sauce

1. Heat up pan for a minute then add onions, ginger, garlic, and stir fry for a few minutes.
2. Add tatashe, rodo, tomatoes, stir and allow to fry for 7min.
3. Then add in suya, stir and add MAGGI Star cubes.
4. Add the veggies; green bell peppers, spring onions and MAGGI Signature Jollof.
5. Then allow to simmer.

Sauté Tuwon shinkafa balls

1. Unwrap the leftover tuwo and put in a bowl, add some chopped onions, ginger and garlic and yaji.
2. Mix and mold into balls.
3. In a clean pan add a tablespoon of oil and allow to heat up.
4. Sautee the rice balls in the oil till golden brown.



Dafaduka



ingredients

- 2 cups Rice (boiled) • 1 cup Beans • 2 cooking spoons Palm Oil • 2 medium Onions (roughly chopped) • 7 medium Tatashe (rough blend) • 6 big Tomatoes (rough blend) • 5 medium Fresh Pepper (rough blend) • 2 cups Crayfish • 4 big smoked or dry Fish • 2 bunches Ugu or Spinach (shredded) • 3 MAGGI Star cubes • 2 MAGGI Signature Jollof sachets • 2 cups water

Preparation

1. Cook rice till almost done, strain and set aside
2. Cook beans till almost done, strain and set aside
3. Add palm oil in a pot, allow to heat for 2 minutes.
4. Add chopped onions and stir fry for 3 min.
5. Add the roughly chopped tatashe, tomatoes, and fresh pepper, stir-fry for 4 minutes.
6. Add the dried fish, crayfish and MAGGI Star, stir gently for 5min.
7. Add the parboiled beans and rice, stir to mix properly then add water and allow to cook for 7min.
8. Finish off with the MAGGI Signature Jollof, stir and add ugu, then allow to simmer for 3 minutes.



Fankaso with Assorted Meat Sauce



ingredients

- Vegetable oil • 1 big Onion • 3 big pcs Tatashe, roughly chopped • 3 large Tomatoes, roughly chopped • 4 pcs Pepper, roughly chopped • Handful of spring onions • 300g Assorted Meat
- 1 teaspoon Ginger, chopped • 1 teaspoon Garlic, chopped • 2 cups chopped Cabbage
- 2 MAGGI Star Cubes • 4 cups Flour • 2 spoons Bean flour • 2 spoons Potash Liquid • 1tbsp yeast
- 2 spoons Sugar • Pinch of Salt • Warm water • Vegetable oil for deep frying

Preparation

1. Cook the assorted meat with ginger and garlic, MAGGI Star cubes and onions.
2. In another pot, stir-fry onions, pepper, tatashe, tomatoes for about five minutes. Add the cooked assorted meat and its broth and cook for more minutes till tomatoes is well fried.
3. Add spring onions and cabbage and simmer for 3 minutes.
4. Serve along side the fankaso.

Fankaso

1. Mix all the ingredient together in a bowl.
2. Mix and kneed to a dough set aside and allow to rest for 40min.
3. Cut and mold to shape and deep fry.



**CHOOSE THE
STAR**





Stir Fried Suya Pasta



Maryam
Buhari

ingredients

- 500g pasta
- 3 sticks beef suya
- 1 tablespoon suya spice/yaji
- 5 pieces scotch bonnet
- 1 tablespoon ginger powder (chopped)
- 1 large each red & yellow peppers
- 1 cup carrot (shredded)
- ½ cup green chili (chopped)
- 1 large onion (shredded)
- 2 cup cabbage
- 2 MAGGI Star Cubes
- 2 bay leaf
- 2 cooking spoons vegetable

Preparation

1. Shred all the vegetables and the suya then put in a bowl.
2. Add pasta in a boiling water with salt and oil and cook till al dente, strain and set aside
3. In a clean pot add the vegetable oil, allow to heat up then add the bay leaf
4. Add in onions, ginger, and pepper and stir fry for 2min.
5. Add the MAGGI Star cubes, the suya and the vegetables (bell peppers and carrot)
6. Add the cooked pasta as well as the cabbage and mix properly. Allow to simmer for 2 minutes.



Green Veggie Fish Sauce with Fried Yam



ingredients

- 2 large Smoked Fish (washed and flaked)
- 8 fresh Tomatoes (chopped)
- 6 pieces Tatashe (chopped)
- 5 pieces fresh Pepper (chopped)
- 1 large Onion (chopped)
- 2 bunches ugu (pumpkin leaves), shredded
- 2 handfuls Scent leaves (shredded)
- Handful Curry leaves (shredded)
- 2 tablespoon Crayfish (roughly blended)
- 2 sachets MAGGI Signature Jollof
- 2 MAGGI Crayfish tablets
- 1 cooking spoon Vegetable Oil

Preparation

1. Heat oil, add chopped onions and fry for 2 minutes.
2. Add tomatoes, pepper and tatashe, stir and fry for 5 minutes.
3. Then add the MAGGI Crayfish, smoked fish, crayfish, MAGGI Signature Jollof, stir and allow to cook for 3- 4 minutes.
4. Add the green vegetables (curry leaves, ugu and scent leaves) stir and allow to cooking for 2 minutes.

Serve with fried yam



Moringa Blast/Chukudin Zogale



ingredients

- 1/2 cup Palm Oil • 1 cup diced onion • 8 medium Garden Eggs, diced • 400 grams Goat meat / Cat fish • 1 cup eggusi / agushi • 4 cups moringa • 2 tablets MAGGI Crayfish • 2 MAGGI Star Cubes • 2 big Eggs • 5 medium Tomatoes, diced • 3 pieces Rodo (optional) • Dried fish

Preparation

1. Pour your oil into a pan, then add diced onions, and fry till well caramelized.
2. Add scotch bonnet and stir fry.
3. Add the diced garden eggs and stir for 3 minutes or until translucent.
4. Add eggusi and the dried fish.
5. Add the cooked goat meat (no stock) and stir fry for 2 minutes.
6. Add the tomatoes, MAGGI star and MAGGI Crayfish seasoning, and stir.
7. Crack eggs one at a time and pour them into the pan, unbeaten.
8. Add in the fresh moringa leaves, stir, and cover to cook for 1 minute. Turn off the heat. Serve with couscous or enjoy as a meal on its own.



Green Rice with Soya Chunks



ingredients

- 1 cooking spoon Vegetable Oil • 2 medium Onions • 6 big tomatoes (chopped) • 6 big Tatashe
- 10 pcs fresh Pepper • 1 cooking spoon Crayfish • 1 big Smoked Fish (boned) • 3 MAGGI Crayfish cubes • 1 sachet MAGGI Signature Jollof • 4 cups Rice (cooked) • 300ml Water
- 1 handful Curry Leaves • 50g MAGGI Soya Chunks • Handful of scent leaves • 1 big bunch pumpkin leaves

Preparation

1. In a clean saucepan heat oil for 2 min
2. Add onion, crayfish, tatashe, scotch bonnet pepper, smoked fish and some chopped tomatoes.
3. Add some water and then MAGGI Soya Chunks, season with MAGGI Crayfish cover to cook for 10 minutes.
4. In another pot, pour the leftover rice, add the sauce, pumpkin leaves, curry leaves, and scent leaves. Sprinkle your MAGGI Signature Jollof and mix properly. Cover and allow it to simmer a bit, turn off the heat. Serve hot and enjoy.



Soya Chunks Soup Served with Homemade Sesame Seed Gurasa



ingredients

- 2 tbs Oil • 1 pack MAGGI Soya Chunks • 1 tbsp Garlic (minced)
- 4 stalks Spring Onions • 1 small Onion • 1 teaspoon Soy Sauce • 1 tablet MAGGI Chicken
- 2 cups chopped Cabbage • ½ teaspoon Black Pepper • 2 cups Flour • 1 teaspoon Yeast
- pinch of Salt • 1½ teaspoon Sugar • ¼ cup Margarine (melted) • ¼ cup Sesame Seeds
- Warm water

Preparation

Sesame Gurasa

1. In a bowl, add the flour, yeast, salt, sugar then mix together. Add some warm water and the melted margarine then mix into a dough and keep in a warm place to rise.
2. After the dough has risen, cut into smaller parts, roll out and spread the sesame seeds on them. Cook portions in a pan till brown on each side.

Kwadon Zogale

1. Mix all ingredients for the kwadon zogale and serve along side the Soya Chunks soup and the gurasa.



Chicken Kebab with Cabbage and Beans Salad



ingredients

- ½ teaspoon Turmeric Powder • 1 teaspoon Chili Powder • 1 tablet MAGGI Chicken
- 1 sachet MAGGI Signature Jollof • ½ teaspoon Paprika • 1 clove Garlic • A handful Fresh Coriander & Parsley • 2 tablespoons Vegetable Oil • 1kg Chicken Breasts • 1 teaspoon Black Pepper • 3 cups Purple Cabbage, chopped • 2 cups Green Cabbage, chopped
- 1 cup Beans (cooked) • 2 cups Carrots (grated) • 1 cup mixed Salad Greens or Lettuce
- 2 tablespoons Olive Oil • 1/8 cup honey • 1/4 cup lemon juice • ½ teaspoon Black Pepper
- 1 cube MAGGI Star • 2 cups Couscous • 1 cup hot Water • ½ teaspoon Cumin
- 1 teaspoon Lemon Zest • Handful of Parsley • 1 sachet MAGGI Signature Chicken
- 1 cooking spoon Vegetable Oil • ¼ cup Flaked Almonds • ½ cup roasted Pecans or Peanuts

Preparation

Chicken Kebab

1. In a hand blender, combine all ingredients except chicken and blend.
2. Rub paste onto chicken cutlets.
3. Skewer and leave to marinate for 2 hours in the fridge.
4. Pan grill on medium heat on each side.

Cabbage Salad and dressing

1. Mix all the ingredients into a bed of salad and serve the chicken kebab on it.

Couscous

1. In a pan add the couscous, some vegetable oil, lemon zest, parsley, MAGGI Signature Chicken and the nuts. Stir all together till properly combined.
2. Add some hot water and allow it to sit for about 5 minutes.



Chicken and Potato Tray bake with Pumpkin



ingredients

- 2 sachets MAGGI Star Chicken • ½ tsp Cumin • 1 tsp Ginger and Garlic powder
- 2 tbsp Olive Oil • 3 large Carrots • 1 large Pumpkin (diced) • 5 large Tomatoes
- A handful fresh parsley/coriander • 4 stalks spring onions • 1 Onion • 5 – 8 Irish Potatoes
- 1 tsp Chili Pepper • ½ tsp Black Pepper • 2 large Bell Peppers • 500 grams Chicken
- 1 tsp Yaji • ½ tsp Paprika • ½ tsp Curry • ½ tsp Thyme

Preparation

1. Clean the chicken and pat dry with a paper towel. Season with ginger powder, thyme, chili, garlic powder, paprika, salt, black pepper, and oil.
2. Massage the Chicken thoroughly with the spices and set aside for 5 to 10 minutes.
3. Wash the potatoes and dry them with a paper towel or a clean kitchen towel.
4. Cut the potatoes into fours and place them in the baking pan. Add the carrots, onions, spring onions, tomatoes, bell peppers, paprika, olive oil, salt, and pepper. Mix well.
5. Place the chicken over the seasoned vegetables. Bake at 425°F for 45-50 minutes, or until the chicken and potatoes are cooked through.



Beef and Kidney Stew with Dumplings



ingredients

- 1 cooking spoon Olive Oil • 1 small Onion (chopped) • 1 tbsp Garlic
- 500g Steak (diced) • 500g Kidney (diced) • 2 tbsp Plain Flour • 6 tomatoes (chopped)
- 4 MAGGI Star cubes • Beef stock or water • 1 tsp Black Pepper • 1 tsp dried Thyme
- 2 Carrots • 6 potatoes • A handful parsley • Pinch of salt • Fresh Herbs (thyme and parsley)
- Water

Preparation

1. Season the steak and kidney with 1 MAGGI Star cube each and black pepper. Heat oil in a large saucepan and brown the meats. Remove and set aside.
2. Sauté the onions and garlic in the same oil. Sprinkle in the flour and cook, stirring. Add the tomatoes, stock or water, the remaining MAGGI Star cubes, bay leaves, black pepper and thyme. Bring to boil
3. Add the potatoes and the carrots. Reduce heat and cook.
4. Combine all ingredients for dumplings to form a dough. Shape into balls and place dumplings on top of the stew. Cover and allow to cook for 15 minutes until dumplings are well risen and fluffy. Stir in fresh parsley and serve.



Beans with Smoked Fish Sauce and Tamarind Pap (kunun tsamiya)



ingredients

- 3 cups Beans • 2 medium Onions • 5 pieces fresh Yellow Nsukka Pepper
- 4 medium Fresh Tatashe • 1 cup Fresh Tomato (diced) • 1 tsp each fresh Garlic and Ginger
- 4 stalks Spring Onions • 2 large Smoked Fish • 2 MAGGI Crayfish tablets • 2 cooking spoons Palm Oil • 2 tbsp ground Crayfish • A handful scent leaves • A handful curry leaves
- 2 serving spoons Raw Pap • 8 sticks fresh Tamarind • ½ MAGGI Signature Jollof

Preparation

1. Carefully pick beans and rinse with warm water and salt (2 times)
2. In boiling water, pour beans and chop 1 onion into it. Cover and allow to cook till soft.
3. Wash tomatoes pepper, tatashe and chop the other onion, garlic and ginger, then blend with the tomatoes and peppers.
4. In a clean wok, add 2 serving spoons of palm oil, heat on medium for a few minutes.
5. Add the onion, some of the chopped spring onions, garlic and ginger and stir for a minute to build flavour. Add the tomatoes and pepper then stir, allow to fry for 3 minutes.
6. Add the shredded smoked fish, MAGGI Crayfish and crayfish powder, stir and leave to cook for another 5 minutes.
7. Add the remaining ground crayfish and spring onions and stir. Add the washed and chopped scent and curry leaves.
8. Stir and take off the heat, then cover the wok to get all the flavours of the leaves.

Tamarind Pap

1. Wash and soak tamarind in 1 cup of warm water until its infused
2. Use the tamarind water to make the raw pap paste
3. Boil 1 litre of clean water and pour in the paste
4. Cover for a few minutes, open up and stir
5. Serve with Beans and fish sauce



Beans and Sweet Potato Pottage



ingredients

- 3 cups Beans • 1 Onion • 4 medium Fresh Peppers • 2 big Tomatoes • 1 cooking spoon Palm Oil
- ½ teaspoon each Ginger & Garlic (ground) • 2 big Tatashe • 1 tbsp Crayfish
- 1 big Smoked Fish • 2 MAGGI Star Cubes • 1 MAGGI Crayfish tablet • 2 handfuls Spinach
- 1 Handful Scent leaves • 1 bunch Ugu • 5 large Sweet Potatoes

Preparation

1. Pick and wash beans.
2. Put beans into a pot, add ½ chopped onions, water and cook for 20mins.
3. Add the sweet potatoes, onions, garlic and ginger, cover and allow to cook for a few minutes.
4. Add blended peppers, tomatoes and cook for 7mins.
5. Add the smoked fish, crayfish, and MAGGI seasonings, stir and add the palm oil.
6. Add the vegetables and allow to simmer for 3 minutes.



Boiled Yam and Garden Egg Sauce



ingredients

- 1 small size Yam • 10 medium size White Garden Eggs • 500g Liver • 4 pieces Tatashe
- 5 pieces Yellow Nsukka Pepper • 2 medium Onions • ½ tsp fresh Garlic and Ginger
- 3 cooking spoons Palm Oil • 3 MAGGI Star cubes

Preparation

1. Wash garden eggs, chop into chunks and place in a clean pot and steam (or boil together with the yam) till soft.
2. Take out of the pot, blend and set aside.
3. In another pot add liver 1 MAGGI Star cube and some onions, add a little water and cook for 10 minutes. Dice the cooked liver and set aside.
4. Heat the pan on medium heat, add 2 serving spoons of palm oil and some chopped onions.
5. Add the tatashe, pepper, garlic and ginger, stir-fry and add 2 cubes of MAGGI Star.
6. Pour in the chopped liver and allow to cook altogether.
7. Pour the blended garden egg, stir in and allow to cook for 5 minutes.
8. Serve with the boiled Yam.



Loaded Singapore Noodles



ingredients

- 500g Rice Noodles • 700g Chicken Breast • 4 fingers Sausage • 300g Beef
- 1/2 cup Oil • 3 tbsp sesame oil • MAGGI Chicken 10g • 1 tsp Black Pepper
- 1 tsp Paprika • 1 tsp Chili Powder • 1 tsp Curry Powder • 4 Bell Peppers
- 5 Eggs • 4 Carrots • 1 Onion • 5pcs Scotch Bonnet Pepper • 1 tsp Garlic Paste
- 1 tsp Ginger Paste • 3 tsps dark Soy Sauce • 3 tsps Oyster Sauce

Preparation

1. Start by putting the rice noodles in a pot of boiling water for 3-5 minutes till separated and soft, strain and rinse with cold water to stop the cooking process.
2. Marinate chicken breast with ginger and garlic paste then add MAGGI chicken seasoning, some black pepper, white pepper, paprika, and chili powder, mix and stir fry. Set aside.
3. Repeat the marination process for the beef and stir fry then set aside.
4. Shred your sausage, stir fry, and set aside.
5. Crack the eggs, whisk, and fry (scrambled)
6. To a wok pan add oil, sesame oil, sliced onions, ginger, and garlic paste, scotch bonnet pepper, and stir.
7. Add the carrots, stir-fried proteins, chicken, beef, and sausages, and season with MAGGI Chicken.
8. Add your rice noodles, mix, and add your bell peppers.
9. Drizzle some soy sauce and oyster sauce and mix well.
10. Finally add the scrambled eggs and mix.



Suya Grilled Chicken with Herb Potatoes



ingredients

- 1 Whole Chicken • ½ cup Lemon Juice • 1 Onion • 1 tsp Garlic • 1 tbsp ginger • 1/3 cup butter
- ½ cup oil • 8 pieces potatoes • 3 whole bell peppers • 4 whole carrots • 1 tablespoons suya spice
- 1 tablespoons black pepper • 1 tablespoons white pepper • 1 tablespoons cumin powder
- 1 tablespoon paprika powder • 1 tablespoon chili powder • 2 handful parsley • MAGGI Chicken

Preparation

1. Clean chicken very well then pat dry.
2. Cut the potatoes into chunks, cut the carrots into chunks, dice the bell peppers and onions.
3. In a clean bowl, add some white pepper, black pepper, cumin powder, suya spice, lemon juice, paprika, and fresh parsley and mix well.
4. Pour in your oil, MAGGI Star cube, and MAGGI Chicken powder. Mix all to make a marinade.
5. Rub your marinade on the chicken and set aside.
6. Pour your potatoes, carrots, bell peppers, onions, and butter, into the remaining marinade, mix properly, and season with MAGGI Chicken powder.
7. Pour the potatoes and vegetables into a baking pan, spread them out, and place the chicken in the middle.
8. Place in the oven and grill for 45 minutes.
9. After grilling, serve and enjoy.



Soya Chunks in Green Veggie Sauce with Steamed Rice



ingredients

- 2 Large smoked Fish (washed and flaked)
- 100g MAGGI Soya Chunks
- 8 fresh Tomatoes (chopped)
- 10 pieces Tatashe (chopped)
- 8 pieces fresh Pepper (chopped)
- 1 large Onion (chopped)
- 2 bunches Ugu (pumpkin leaves), shredded
- 2 handfuls scent leaves (shredded)
- ½ handful Curry Leaves (shredded)
- 2 cooking spoons Crayfish (roughly blended)
- 2 MAGGI Star cubes
- 1 tablet MAGGI Crayfish
- 2 cooking spoons Vegetable Oil

Preparation

1. Heat oil, add chopped onions and fry for 2 minutes.
2. Add some chopped tomatoes, tatashe, pepper, crayfish powder, MAGGI Crayfish cubes, and MAGGI Soya Chunks, then stir and fry.
3. Add the smoked fish, fry a bit then add water, stir, and cover to cook for 5 minutes.
4. Add the ugu leaves, scent leaves and curry leaves, and mix well. Cook for 3 minutes.
5. Heat up your leftover rice, serve hot, and enjoy.



Celery Fish Bisque



ingredients

- 3 sticks Celery • 700g Catfish • 1tbsp Garlic and Ginger paste • 1 large Onion
- 4 semi ripe Plantains • MAGGI Crayfish • 2tbsp Paprika • 7 pieces scotch bonnet
- 5 Carrots • 7 Potatoes • 1tbsp Cumin

Preparation

1. Cut the potatoes, carrots and plantain into cubes and set aside.
2. In a pot, add the potatoes and some water to cook for 5 minutes, then add the fish, MAGGI Crayfish, cumin, blended scotch bonnet pepper, onion, ginger and garlic paste, cover and allow to cook.
3. Then add the plantain and the paprika and allow to cook for 5 minutes.
4. While the plantain is cooking, get another pot and stir-fry the ginger and garlic paste, chopped celery stick, onions and carrots. Sautee till translucent and then blend.
5. Pour the blended mix into the pot with the fish, stir and cover to simmer for 3 minutes and serve hot.



Steamed Coconut Couscous with Chicken Goulash



ingredients

- 1kg Chicken Breast • 4tbsp Sunflower Oil • 2 medium Onions • 2tbsp Paprika • 4 MAGGI Chicken cubes • 300ml Water • 2tbsp Tomato Puree • 2 Bay leaves • 2 Red Peppers • 2 Green Peppers • 2 Yellow Peppers • 1tbsp Ginger and Garlic paste • 1tbsp ground Black Pepper • 30g Plain Flour • 150ml Sour Cream • 500g Couscous • 1 can Coconut Milk • 5tbsp Olive Oil • 1 MAGGI Star • 200ml Water

Preparation

Chicken Goulash

1. Trim any skin off the chicken breast and cut into cubes, season well with salt, paprika and freshly ground black pepper.
2. Heat the oil in a saucepan, add the chicken cubes and fry on high heat until nicely browned all over. Add the onion and garlic ginger paste and cook with the chicken, until softened.
3. Sprinkle the paprika and flour over the mixture, stir and cook for a few minutes, add water and tomato puree, bay leaves, diced red, green and yellow peppers, MAGGI seasoning cubes, stir well and bring to a simmer.
4. Serve with small portion of couscous and a spoonful of sour cream.

Steamed Couscous

1. Heat oil in a pot, add couscous and stir.
2. Add 1 MAGGI Star and coconut milk, stir and allow to boil.
3. Switch off the stove and allow to steam, then serve with the chicken goulash.

Garnish

Cauliflower, Broccoli, Carrots, Cucumber



*Cook the
Difference*