



B-well™

HAPPY *Heart* COOKBOOK

A GUIDE TO LOWERING
CHOLESTEROL &
HYPERTENSION.

THE *Heart* OF HEALTH & HEALTH OF THE HEART

The slogan, “**Love, Food, Life**”, is what we at **B-well™** passionately do and strive towards and which just so happens to be the very notion that is encapsulated within this **Happy Heart Cookbook**.

Afterall, a happy heart undoubtedly requires and thus creates love, food and life.

Today in South Africa, heart disease and cardiovascular disease (CVD) is the leading cause of death worldwide. According to **The Heart and Stroke Foundation South Africa**, more South Africans die of CVD than of all cancers combined, second to deaths from HIV/AIDS and with an alarming statistic of almost **1 in 6 deaths** due to CVD .



At **B-well™**, we are confident that a healthy and balanced diet is essential for the correct function of every part of our body, this includes our heart. That is why we have carefully created and compiled this ‘**heartful**’ **cookbook** filled with yummy, mouth-watering and oh-so-easy recipes. It comprises of different recipes inspired by the ‘**Portfolio Diet**’ known to assist in the reduction of cholesterol levels, the **Mediterranean** diet and **plant-based meals**.

Made with love, from our **B-well™** Heart to yours



HAPPY HEART STAR INGREDIENTS



Find references on
Glossary page

Join us on a journey of flavour, texture and beautiful looking food sure to make your heart happy, while providing the needed heart benefits of macro and micronutrients found in these powerful ingredients.

Each ingredient has been selected due to their proven effect on the health of the **cardiovascular system**; foods that are **low** or contain **no cholesterol**, aid in **lowering cholesterol**, contain high levels of **nutrients** and **antioxidants**, and foods that aid in healthy circulation and **overall health**.



B-WELL™ CANOLA PRODUCTS

Pure Canola Oil, Fry Well Oil, Canola Baking & Cooking Sprays and Canola Mayonnaise

Each of these products are naturally cholesterol free, low in sodium and are packed with essential omega-3 fatty acids.



B-WELL™ OLIVE PRODUCTS

Extra Virgin Olive Oil, Cooking Olive Oil, Canola & Olive Blend

Olive oil is antioxidant-rich that has anti-inflammatory properties and high levels of oleic acid, associated with improved vascular function and heart health.¹



WHOLE GRAINS

Brown Rice, Corn, Barley, Quinoa and Bulgur Wheat

An excellent source of fiber and manganese. Higher whole grain intake is proven to have a protective effect on stroke², with reduced risk of coronary heart disease and cardiovascular disease.³



MUSHROOMS

Several nutritional studies have shown that the influence of eating mushrooms on some metabolic markers, may potentially reduce the risk of suffering cardiovascular diseases¹¹. Mushrooms also have adaptogenic properties which assist the body during stress.



LEAN MEATS

Ostrich Meat and Skinless Chicken Breast, or Strictly Extra Lean Loin

Best to maintain less animal fat in meals and opt always for extra lean options with less fat and cholesterol while still providing high amounts of protein, iron and zinc with improved vascular function and heart health.



GINGER

Known for its anti-inflammatory, antioxidant and hypotensive properties in the scientific community. However, recent studies have shown that ginger also decreased triglyceride and lowered total cholesterol scores of 70 people with diabetes and also helped them better control their blood sugar and manage their symptoms¹².



BELL PEPPERS

Bell Peppers, rich in capsaicin, the warming properties of capsicum enable it to alleviate hypotension and an abnormal heart rate. Capsicum has a vasodilative effect on the body when consumed which helps in enhanced oxygenation of organ tissues and improves blood flow. Red bell peppers are rich in lycopene, which makes them excellent for a healthy heart, while green bell peppers are known as a good source of cholesterol-lowering fiber.¹³



AUBERGINE/ EGGPLANT/ BRINJAL

Eggplant is very low in saturated fat, cholesterol and sodium. It is also a good source of bone building with vitamin K, and magnesium. Its nutritional complex contains heart healthy copper, vitamin C, dietary fiber, folate, potassium, vitamin B6 and niacin. Studies have shown that eggplant is effective in the treatment of high blood cholesterol.⁵



GARLIC

Garlic is a good source of antioxidants and powerful plant compounds. High doses of garlic appear to improve blood pressure for those with known hypertension⁷ and improve cholesterol levels⁹. Garlic and garlic supplements are consumed in many cultures for their hypolipidemic, antiplatelet and pro-circulatory effects.¹⁰



BEANS

Black Beans are packed with cholesterol-lowering soluble fiber, potassium, folate, vitamin B6, and phytonutrient content of beans, coupled with its lack of cholesterol, all support heart health.



LENTILS

Not only do lentils help lower cholesterol, but they have a special benefit in managing blood sugar disorders since their high fiber content prevents blood sugar levels from rising rapidly after a meal.



SOYA FOODS

A good source of polyunsaturated fat packed with cholesterol-lowering phytosterols. Make sure to choose non-GMO options always.



FATTY FISH

Salmon, Trout, Tuna and Sardine
Packed with omega-3 fatty acids. These good fats can reduce blood pressure, decrease triglyceride levels, slow the growth of plaque in the arteries and reduce the risk of arrhythmias.



PUMPKIN

These are dense in potassium, high in beta-carotene, vitamin C, fiber and antioxidants, which can help prevent heart disease and benefit heart health.⁶



TOMATO

One of the best foods to lower cholesterol due to their high content of lycopene, vitamin C, potassium and fiber.
Lycopene levels rise when tomatoes are cooked with a good lipid, like olive oil.



BROCCOLI

A rich source of multiple vitamins, minerals, high amounts of antioxidants and dietary fiber. Greater dietary fiber intake is associated with a lower risk of both cardiovascular disease and coronary heart disease.^{15/16}



KALE

The king of leafy greens and reigns supreme in its nutritional benefits¹⁷. It is super high in antioxidants like vitamin C, flavonoids and polyphenols and super high in vitamin K. Kale contains substances that bind bile acids and lower cholesterol levels in the body.



NUTS

These may reduce risk factors for metabolic syndrome, such as high blood pressure and cholesterol levels. **Walnuts** specifically, are great source of omega-3 fatty acid and alpha-linolenic acid which benefit heart health by decreasing “bad” cholesterol.¹⁸



SEEDS

Linseeds, Sesame Seed, Pumpkin Seeds, Chia Seeds, Hemp Seeds, Sunflower Seeds, etc

These have been shown to help reduce blood sugar, cholesterol and blood pressure. This is due to their richness in fiber, phytosterols, unsaturated fatty acids, minerals and polyphenol content.¹⁹



SPINACH

A powerhouse of antioxidants and other nutrients. The insoluble fiber lowers cholesterol levels,¹⁴ whilst the lutein aids in protection against buildup of fatty deposits in arteries.

Eating spinach fresh is best, so you'll find these in our salads, or added before serving.



ONION

These are highly concentrated in quercetin; a flavonoid antioxidant and a potent anti-inflammatory, that may help decrease heart disease risk factors such as; high blood pressure, decreased triglycerides and reduce cholesterol levels - all of which may lower heart disease risk and protect against blood clots.



HERBS

Thyme, Parsley, Coriander, Coriander Seed, Basil, Oregano and Mint.

These amazing ingredients are good salt replacements and add flavour. Most of these herbs, like thyme, may be able to help with hypertension²⁰ and benefit overall health.



WHOLE SPICES

Cinnamon, Turmeric, Black Cumin, Cardamom.

Turmeric is a superfood especially when it comes to preventing blood clots, reducing inflammation and lowering cholesterol. Cardamom may lower blood pressure.²¹



CHILLI PEPPERS

Paprika, Chili and Cayenne Pepper.

These spicy ingredients have well established their therapeutic properties on heart health, since they have antioxidant, anti-inflammatory and circulatory properties. Paprika is also loaded with vitamins and minerals.²²

RECIPE INDEX



Finally, a cookbook filled with hearty recipes that are good for your heart too. You'll find an array of family favourites, quick-bites and decadent meals in this **B-well™ Happy Heart Cookbook**.

All meals are created using heart benefit ingredients known for the prevention and treatment of heart related illnesses like **stroke**, **hypotension**, **cardiovascular disease** and are **low in sodium** too.



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B-well™

**GARLICKY
LENTIL
& ONION
- RICE -**





SERVES 3-4



40 MINUTES

GARLICKY LENTIL & ONION RICE

Inspired by the **Lebanese Mujadara**, we have changed the ratio of the ingredients as to maintain the element of side rice dish, although this dish is so scrumptious on its own.



B-well™ Products

Onions

Garlic

Lentils

Rice

INGREDIENTS

3 Tbsp **B-well™ Pure Canola Oil**

3 medium onions, *thinly sliced*

5 ½ cups water

1 cup brown/green lentils, *rinsed*

2 cups rice, *rinsed well*

3 garlic cloves, *finely chopped*

1 tsp salt

1 ½ tsp cumin seeds

PREPARATION

- 1 Heat the **B-well™ Pure Canola Oil** in a skillet, sauté the onions with 1 tsp cumin and the garlic until lightly browned.
- 2 Remove ⅓ of the onion and garlic mix, set aside.
- 3 Continue cooking the rest of the onions until dark brown and black in places.
- 4 In the meantime, bring water to a boil in a pot, add the lentils, reduce heat. Cover and simmer for 15 min.
- 5 To the lentils, add the ⅓ lightly browned onions, rinsed rice, salt and remaining ½ tsp cumin.
- 6 Cover and simmer for about 15 min or until rice is tender (*may need longer if using brown rice*).
- 7 Remove from heat and stir in the well-browned onions.
- 8 Cover and let it stand for 5-10 min to steam and to allow the flavours to infuse.
- 9 Serve and enjoy the textures and flavours.

HINT / TIP

Why rice when you can boost this side with polyphenol- and fiber-rich lentils and cholesterol lowering allicin, found in garlic and onions.



“EASY-PEASY”

B-well™

**SMOKY
- HEART -
BABA
GANOUSH**





SERVES 4



1 HOUR

SMOKY-HEART BABA GANOUSH

From the direct translation, “baba”, meaning daddy and “ganoush”, meaning spoiled or indulgent, it is no question that this is the perfect recipe to spoiling yourself with flavour. Delicious and easy, this dip can be enjoyed as a midday snack or accompany most meals.



B-well™ Products

Aubergine

Tahini

Lemon Juice

INGREDIENTS

B-well™ Extra Virgin Olive Oil,
to drizzle

2 large/3 medium aubergine

3 garlic cloves, *whole in jackets*

4 Tbsp tahini paste

3 Tbsp lemon juice

½ tsp salt

1 pinch cayenne pepper

½ tsp ground cumin

FOR THE GARNISH

fresh parsley/paprika/Za’atar
spice (*if you have*) and black/
white sesame seed sprinkle

HINT / TIP

Aubergine = Eggplant = Brinjal

Eggplants can be charred on the braai grill - roasting over an open flame will produce a richer, more smoky flavour.

PREPARATION

- 1 Heat oven to 180°C, roast aubergine and whole garlic cloves until cooked and lightly charred for about 45 min.
- 2 Once cooked inside, scrape aubergine pulp from its skin and place into a bowl with half of the smoky cooking liquid. Discard the skin and reserve the remaining cooking liquid.
- 3 Allow aubergine to cool to room temperature.
- 4 Add tahini, garlic, lemon juice, cumin, salt, cayenne pepper and 1 Tbsp **B-well™ Extra Virgin Olive Oil** to aubergine mixture.
- 5 Use a fork to mash ingredients together, using firm pressure to break up the tahini paste, roasted garlic, and any stringiness of the aubergine. Aim for a relatively smooth mixture, still slightly chunky and traditional.
- 6 Taste your mixture, add more lemon juice/ cayenne pepper as desired.
- 7 Place in a serving bowl, make a circular well and drizzle more **B-well™ Extra Virgin Olive Oil** and sprinkle your preferred garnish of fresh parsley/ Za’atar/ paprika.
- 8 Best served as a dip with heated pita bread or crackers or as a side to a Mediterranean platter by serving this baba ganoush with olives, tzatziki and hummus



“EASY-PEASY”

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**- VEGAN -
THICK & CREAMY
HOLLANDAISE
SAUCE**





SERVES 4-6



15 MINUTES

VEGAN

THICK & CREAMY HOLLANDAISE SAUCE

Nothing sucks more than loving something that you can't have, so we have created this version of Hollandaise Sauce as an easy, quick, accessible and oh-so-yummy alternative for those who are vegan and are perhaps sceptical about eggs or cholesterol.



B-well™ Products

Lemon Juice

INGREDIENTS

1 cup **B-well™ Thick & Creamy Mayonnaise**

1 Tbsp lemon juice

1 tsp Dijon mustard

¼ tsp cayenne pepper

½ tsp ground turmeric

½ tsp ground black pepper

4 Tbsp nutritional yeast

1 Tbsp plant milk

(optional for a runnier consistency)

PREPARATION

- 1 To a small saucepan, over medium heat, add all the ingredients, stir and if a runnier consistency is desired, include the plant milk.
- 2 Cook until heated, gently stirring. Do not boil.
- 3 Serve drizzled over your favourite meals, veggies, eggs or meats or use as a delicious dip.



“EASY-PEASY”

B-well™

**BROCCOLI
- AND -
ASPARAGUS
SPEARS**





SERVES 2-4



35 MINUTES

SHEET PAN BROCCOLI & ASPARAGUS SPEARS W/ GARLIC POCKETS

The things we crave the most are often the simplest too! Here is the simplest route to the most delicious way to enjoy broccoli, asparagus and some oozy garlic pockets. Enjoy as a sexy starter or addition to your main entrée.



B-well™ Products

Broccoli

Asparagus

Paprika

Garlic

INGREDIENTS

3 Tbsp **B-well™ Cooking Olive Oil**

10 broccoli florets or broccolini fingers, *cut lengthwise into florets*

15 asparagus spears

8 garlic cloves, *with skins*

2 garlic cloves, *finely chopped*

½ tsp paprika

½ tsp dried sage

½ tsp black pepper

2 pinches of sea salt

zest of one lemon

PREPARATION

- 1 Pre-heat the oven to 200°C.
- 2 Cover a large baking sheet with baking/ parchment paper.
- 3 In a wide, shallow dish, add the **B-well™ Cooking Olive Oil**, chopped garlic, paprika, sage and black pepper. Stir to combine.
- 4 Then add the broccoli florets, asparagus and garlic pockets into the dish, and massage the oil into the vegetables, especially into the broccolini florets.
- 5 Arrange the broccoli and asparagus on to the pan, ensure they touch as little as possible.
- 6 Place the garlic pockets in the gaps between the vegetables, then drizzle the leftover olive oil mixture onto the vegetables and sprinkle with salt.
- 7 Roast everything for about 15-20 min, flipping the vegetables around halfway.
- 8 Once done, remove from oven pan and sprinkle lemon zest on top.
- 9 To access the garlic, simply squeeze it out of the pocket and enjoy the delicious, savoury roasted goodness that oozes out. Serve and enjoy!



“EASY-PEASY”



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**-ARTISAN-
OSTRICH
BURGER**





SERVES 4



45 MINUTES

ARTISAN OSTRICH BURGERS W/ CARAMELIZED ONION

With a similar richness and flavour of beef, but just so much leaner, ostrich meat has less fat and cholesterol than skinless chicken. These burgers are a truly tasty, fun-to-eat experience with some local South African flair and a gourmet twist.



B-well™ Products

Onions

Ostrich Mince

INGREDIENTS

FOR THE PATTIES

B-well™ Cooking Olive Oil, for cooking

500 g ostrich mince

1 onion, *finely chopped*

½ green pepper, *finely chopped*

3 Tbsp chutney

1 Tbsp ground coriander

6-7 Tbsp bread crumbs (*or more*)

1 egg, *beaten*

1 handful parsley, *chopped*

3 handfuls of basil, *chopped*

½ tsp salt

ground black pepper, *to taste*

4 sesame burger rolls, *halved*

4 thin slices of white cheddar/
Red Leicester cheese

Tabasco® Chipotle sauce

FOR THE BURGER SAUCE

3 Tbsp **B-well™ Thick & Creamy Mayonnaise**

2 Tbsp tomato ketchup

1 tsp Tabasco® Chipotle sauce

1 tsp Worcestershire sauce

¼ of an iceberg lettuce, *finely chopped*

FOR THE CARAMELIZED ONIONS

2 Tbsp **B-well™ Cooking Olive Oil**

3 onions, *thinly and evenly sliced*

¼ cup balsamic vinegar

2 Tbsp brown sugar/coconut nectar sugar

OPTIONAL TOPPINGS

gherkins
avocado

PREPARATION

- CARAMELIZED ONIONS:** Heat the **B-well™ Cooking Olive Oil** in a large pan over a medium heat. Add onions with a pinch of salt, cook slowly for about 30-40 min. Stir occasionally until soft and a golden caramel colour.
- Add sugar and balsamic vinegar to onions. Keep cooking on a low heat for another 5 min, stirring occasionally until mix is sticky, the sugar has dissolved and the vinegar has reduced. Once done, set aside.
- BURGER SAUCE:** mix all the ingredients together, add lettuce and mix, then season to taste and refrigerate.
- BURGER PATTY:** combine onions and green pepper together and mix well. Add the ostrich mince, mix well. Add the coriander, chutney, bread crumbs, egg, parsley and basil, mix well. Add salt and ground black pepper.
- The mixture should be firm and hold its form while cooking, if not add more breadcrumbs.
- Separate the mixture into 4 balls, then press down to form patties. Oil a plate and place patties in fridge to chill for ±15 min.
- Grab patties from fridge. Prepare a non-stick frying pan on high heat. Sprinkle the patties with **B-well™ Cooking Olive Oil**, then into the pan and press down with a spatula. After 1 min, flip the patties and brush each cooked side with ½ tsp of mustard and a dash of tabasco.
- Add cheese on top of patties, add a tiny splash of water to the pan and place lid over the patties to melt cheese.
- In another pan, toast two halved rolls until lightly golden. Repeat with remaining rolls.
- ASSEMBLE:** add ¼ of burger sauce to the roll base, top with cheesy ostrich patty and ¼ of caramelized onions. Rub the top of the roll with a teaspoon of ketchup, add avocado and gherkin slices, gently press together.
- Serve with your favourite side. Enjoy, savour, devour, have fun!



“SO-SO”

B-well™

**KALE
- AND -
QUINOA
SALAD**





SERVES 6



30 MINUTES

CRUNCHY KALE & QUINOA SALAD

W/ APPLE & PUMPKIN SEEDS

This leafy green and grain salad is a definite play on some mega superfoods, especially in heart health. This one features the vitamin C and antioxidant rich kale and spinach and cholesterol-lowering edamame beans and pumpkin seeds packed with healthy fats.



B-well™ Products

Kale

Spinach

Pumpkin Seeds

Peas

Edamame Beans

Mint

INGREDIENTS

FOR THE DRESSING

½ cup B-well™ Extra Virgin Olive Oil

2 Tbsp balsamic vinegar

1 Tbsp honey or pure maple syrup

1 tsp Dijon mustard

Salt and pepper, *to taste*

FOR THE SALAD

1 cup quinoa

2 cups kale,
washed and thinly shredded

1 Tbsp lemon juice

1 apple, *thinly sliced*

2 cup baby spinach, *chopped*

¼ cup fresh mint, *finely chopped*

200 g peas or podded
edamame beans

½ cup feta/goat cheese,
crumbled (optional)

½ cup pumpkin seeds



PREPARATION

- 1 TO MAKE THE DRESSING:** In a jar or bowl, add all dressing ingredients, shake or whisk until well combined. Store in the refrigerator when ready to use. Shake before use.
- 2 TO MAKE THE SALAD:** Rinse the quinoa well with cold water and drain through a fine mesh strainer to remove excess water.
- Boil the kettle (*you will need 1 ½ cups boiling water*).
- Add quinoa into a dry pan, heated to medium. Toast the quinoa lightly until you can smell a nutty flavour, then remove off the heat.
- In a pot, add 1 ½ cups boiling water and the toasted quinoa. Replace the lid, leaving a gap for the steam to release. Cook for about 15 min, or until the water has evaporated. Remove lid and remove from pot.
- Allow the quinoa to cool down for at least 10 min, then fluff with a fork.
- Place kale in a separate bowl and massage for about a minute to soften. Then add 1 Tbsp of lemon juice and let sit while chopping the remaining ingredients.
- Once the quinoa is cool and fluffed, add to a big salad bowl with the massaged kale, now add the spinach, mint, apple slices, cheese and peas/edamame beans.
- Shake the vinaigrette, drizzle over salad and toss. Sprinkle the toasted pumpkin seeds and crumble over the optional feta/goat cheese and serve. Enjoy the zesty, satisfying, crunchy bites of deliciousness.



“EASY-ISH”



B-well™

TOFU
'CHIGGEN'
-POPS-





2-3 PORTIONS



1 HOUR
(prep tofu in advance
to save time)

TOFU 'CHIGGEN' POPS (JUST LIKE CHICKEN)

Inspired by the yummiest meal or munchie that's in the hearts of many, but aren't usually very good for the heart, especially since they contain high levels of sodium and are often deep-fried. These baked pops are still full of the savoury flavour we love.



B-well™ Products

Soya Milk

Tofu

INGREDIENTS

B-well™ Canola Baking Spray, for baking
or **B-well™ Fry Well**, for deep frying

2 x 400 g block of extra firm tofu

CHICKEN TOFU MARINADE

4 Tbsp **B-well™ Grapeseed Oil**

4 Tbsp low sodium soya sauce

5 Tbsp nutritional yeast

2 tsp garlic powder

1 tsp onion powder

½ tsp kosher salt

1 tsp sriracha/ hot sauce

½ cup soya milk, *unsweetened*

1 ½ tsp apple cider vinegar

FOR THE CRISPY COATING

1 cup all-purpose flour

1 Tbsp corn flour

1 cup panko bread crumbs

1 tsp salt

1 tsp dried thyme

1 tsp dried basil

½ tsp dried oregano

½ tsp celery salt

1 tsp black pepper

½ Tbsp mustard powder

1 tsp paprika

1 Tbsp garlic salt

½ Tbsp powdered ginger

½ Tbsp white pepper

½ cup soya milk

1 ½ tsp apple cider vinegar

PREPARATION

- 1 Prep your firm tofu to achieve that meaty texture by wrapping the tofu block in a kitchen towel, then place a cast iron pan or a weight on top of the wrapped tofu. Press and soak out all of the excess liquid for 20–30 min.
- 2 Remove the weight and kitchen towel, place in a bowl, cover and freeze for 5 hours or overnight.
- 3 Defrost in the microwave for 15 min. Wrap the defrosted block and once more, wrap the tofu in a clean kitchen towel and press for 20–30 min under a weight again, this will provide a meatier texture.
- 4 In the meantime, in a medium bowl, add in all the marinade ingredients and mix to combine.
- 5 Release the tofu and break into bite size chunks into the marinade. Stir and coat all pieces, then set aside and allow tofu to marinade for up to 1 hour, stirring occasionally to ensure maximum flavour absorption.
- 7 Preheat the oven to 200°C.
- 8 Prepare 3 separate bowls with the respective content
Bowl 1: the all-purpose flour and corn flour, mixed.
Bowl 2: the soya milk and apple cider vinegar, mixed and curdling. **Bowl 3:** the panko breadcrumbs and the rest of the ingredients. Mixed well to combine.
- 9 Remove the marinated tofu chunks piece by piece and coat each chunk as follows: dip in bowl 1, then bowl 2 and repeat, then bowl 3. Coating each step really well. Repeat with remaining tofu chunks.
- 10 Set each piece on an oven tray lined with baking paper. Spray with **B-well™ Canola Baking Spray** and bake for 20-25 min, flipping each piece halfway to bake evenly.
- 11 Remove from oven and serve with your favourite **B-well™ Mayonnaise** to dip and with a side of choice.



“SO-SO”



B-well™

**LOVELY
LENTIL
-SALAD-**





SERVES 6



45 MINUTES

LOVELY LENTIL SALAD

Lentils have a special benefit; their high fiber content prevents blood sugar levels from rising rapidly after a meal. Add in nitrates from some sweet beets, antioxidant rich herbs, omega rich nuts and BAM! A power packing, super tasty, lovely lentil salad.



B-well™ Products

Lentils

Garlic

Onions

Walnuts

Thyme

INGREDIENTS

FOR THE LENTILS

- 1 cup dried green/ puy lentils, *rinsed well*
- 1 cup vegetable broth
- 1 ½ cup water
- 1 large garlic clove, *minced*
- lemon peel
- 1 bay leaf
- 2 sprigs of thyme
- 1 rib of celery

FOR THE SALAD

- 3 beetroots, *steamed and cubed*
- 2 spring onions, *finely sliced*
- 3 Tbsp walnuts/ hazelnuts, *roughly chopped*
- handful of fresh mint, *roughly chopped*
- handful of fresh parsley, *roughly chopped*
- 2 cucumbers, *finely diced*

SALAD DRESSING

- 6 Tbsp **B-well™ Extra Virgin Olive Oil**
- thumbnail sized cube of fresh ginger, *peeled and finely chopped*
- 1 tsp Dijon mustard
- 1 tsp apple cider vinegar
- pinch of sea salt
- freshly ground black pepper, *to taste*
- juice from one fresh lemon

PREPARATION

- 1 FOR THE LENTILS:** Add the rinsed lentils to a saucepan, cover with water and bring to a boil. Reduce the heat and simmer for about 15–20 min, or until all the liquid has evaporated and the lentils are cooked till soft; not mushy and not hard.
- 2** As soon as the lentils are cooked transfer them to a large bowl and leave to cool.
- 3** Once the lentils are cool, add the beetroot, spring onions, hazelnuts, fresh herbs and cucumber and stir until everything is combined.
- 4 FOR THE DRESSING:** Put the **B-well™ Extra Virgin Olive Oil**, the ginger, mustard, fresh lemon and apple cider vinegar, salt and pepper into a blended or using a hand blender, mix until well combined.
- 5** Drizzle the dressing over the salad, serve and enjoy!



WE LOVE:

- Enjoying this salad with a topping of feta or goat cheese for a creamy addition.
- Adding in half pieces of mandarin (*naartjies*) to complement the flavours.
- Topping with some fresh pomegranate when in season.



“EASY-PEASY”

B-well[™]

**- VEGAN -
KOFTA
BURGERS**





SERVES 4-6



1 HOUR

VEGAN

KOFTA BURGERS

WITH
SUNDRIED
TOMATO
PESTO

Traditional Middle Eastern kofta balls are a close cousin to the meatball, a spicier cousin. These koftas are not only are an excellent way to get those cruciferous veg in, but will have avid meat-eaters craving for this “meaty” patty. The ground spices are balanced perfectly with the sundried tomato pesto which bring the tanginess.



B-well™ Products

Sundried Tomatoes

Cabbage

INGREDIENTS

FOR THE KOFTA PATTIES

- 1 Tbsp **B-well™ Canola & Olive blend Oil**
- 2 cups cauliflower, *grated*
- 1 cup cabbage, *grated*
- 1 ½ cups chickpea flour
- ½ tsp yellow asafoetida/ hing powder OR ½ tsp garlic powder & ½ tsp onion powder
- 1 tsp ground cumin
- 1 tsp salt
- 1 tsp garam masala
- ½ tsp cayenne pepper

FOR THE SUN-DRIED TOMATO PESTO

B-well™ Extra Virgin Olive Oil

- ¾ cup (*if using oil covered tomatoes*) & 1 cup (*if using dry tomatoes*)
- 1 cup sun-dried tomatoes
- ½ cup sunflower seeds, *lightly pan roasted*
- 3 garlic cloves
- Tbsp fresh basil leaves
- ½ tsp salt
- ½ tsp crushed red pepper flakes

FOR THE BURGER

- burger buns
- lettuce, *rinsed and ready*
- avocado
- tomato, *thinly sliced*

PREPARATION

- 1 TO MAKE THE PESTO:** In a food processor mix all ingredients until finely chopped. Scrape sides of the bowl to ensure everything is combined well.
- 2** Set aside for burgers (*can be stored in refrigerator for 5-7 days*).
- 3 TO PREPARE THE KOFTAS:** Combine all the kofta ingredients in a bowl, stir until well mixed.
- 4** Mould the mixture into 4-6 patties, depending on size preference. Dust with chickpea flour if still very wet and sticky. Must hold together well.
- 5** In a pan, heat the **B-well™ Canola & Olive Blend Oil** and carefully place the patties into the oil. Fry each patty for 3-5 min on each side, until brown OR bake the patties for 20-30 min on baking paper at 180°C, flipping to the other side halfway.
- 6** Once done, allow excess oil to drain on a paper towel.
- 7** Serve them on a warm pita or toasted bun, topped with a dollop of the sun-dried tomato pesto, some lettuce, a slice of fresh tomato and some fresh avocado.



“FOODIE”

B-well™

**CIDER
-POACHED-
SALMON**





SERVES 4



1 HOUR

CIDER POACHED SALMON

W/ BROWN RICE SALAD

The delightfully light flavour-infusion from the honey and cider give this fluffy poached salmon the perfect balance of fresh zest and sweetness. A great dish to impress your dinner guests and keep their hearts happy too.



B-well™ Products

Salmon

Apple Cider Vinegar

Spinach

Pumpkin Seeds

Avocados

INGREDIENTS

FOR THE DRESSING

½ cup B-well™ Extra Virgin Olive Oil

2 Tbsp apple cider vinegar

2 Tbsp fresh dill, *chopped*

2 tsp wholegrain mustard

pinch of sugar

FOR THE SALMON AND SALAD

1 ½ cups brown medium-grain rice

4 x 200 g boneless salmon fillets, *skin on*

2 onions, *finely sliced*

500 ml apple cider

500 ml water

1 tsp whole black peppercorns

2 dried bay leaves

4 cm piece fresh ginger, *peeled and thickly sliced*

4 sprigs of fresh dill

2 Tbsp honey

2 baby fennels, *trimmed, very thinly sliced, fronds reserved*

4 Tbsp finely chopped fresh chives

120 g baby spinach

2 small ripe avocados

¼ cup pumpkin seeds

PREPARATION

- 1 Cook rice following packet directions. Refresh under cold water. Drain well and set aside to cool.
- 2 Meanwhile, place cider, honey, water, peppercorns, bay leaves, ginger and springs of dill in a large, deep frying pan over high heat and bring to the boil. Reduce heat to low then add salmon.
- 3 Cover with lid and simmer gently for 8-10 min, until salmon is cooked to your liking.
- 4 Remove from heat, carefully lift salmon from liquid and transfer to a plate. Discard poaching liquid.
- 5 **FOR DRESSING:** Whisk vinegar, oil, dill, mustard and sugar together in a jug or shake up in a jar.
- 6 Place rice, fennel, avocado slices and chives in a large bowl. Drizzle with ½ the dressing. Season well. Toss to combine.
- 7 Arrange rice mixture and spinach on a plate. Flake salmon, discarding skin and place on top of rice. Drizzle with remaining dressing. Sprinkle with reserved fennel fronds and pumpkin seeds.
- 8 Serve and enjoy this fresh and hearty delicacy.



“SO-SO”



B-well

**QUEEN OF
HEARTS
QUICHE**





SERVES 4-6



1 HOUR

QUEEN OF HEARTS QUICHE

We have a healthier, omega-3 and fiber-filled version of this delectable pastry, sure to be a favourite to enjoy a slice together. Yes, this is a vegan, gluten-free and delectable quiche! Feel free to play with fillings, this one is a balance of particularly heart beneficial ingredients, the queen of hearts.



B-well™ Products

Flaxseed

Oats

Mushrooms

Broccoli

Spinach

Tofu

INGREDIENTS

FOR THE CRUST

- 2 Tbsp **B-well™ Extra Virgin Olive Oil**
- 1 Tbsp ground flaxseeds/chia seeds
(or 1 egg if not vegan)
- 2 ½ Tbsp water
- 1 cup gluten-free oats
- 1 cup gluten-free all-purpose flour
- ¼ tsp salt
- 1 Tbsp nutritional yeast
- 1-2 Tbsp water, *as needed*

FOR THE FILLING

- 1 Tbsp **B-well™ Extra Virgin Olive Oil**
- 1 Tbsp chickpea flour
- 1 small onion, *thinly sliced*
- 2 garlic cloves, *minced*
- 2 cup mushrooms, *chopped*
- 1 cup broccoli florets, *cut slim*
- 1 cup baby spinach, *chopped*
- 1 x 30 g block firm tofu, *drained*
- OR 2 x small zucchini, *chopped*
- 1 tsp black pepper
- 2 Tbsp unsweetened almond milk
- 4 Tbsp nutritional yeast
- ¼ tsp onion powder
- ¾ tsp salt, *or more to taste*
- 1 Tbsp lemon zest
- ¼ tsp turmeric
- ½ tsp salt



PREPARATION

- 1 FOR THE CRUST:** Preheat the oven to 180°C and spray **B-well™ Baking Spray** on a 25cm² quiche or oven dish.
 - 2** Combine the ground flaxseeds/chia seeds and 2 ½ Tbsp water in a small bowl and set aside. *This is your “flax/vegan” egg.*
 - 3** In a food processor, add the dry ingredients (*oats, all-purpose flour, nutritional yeast and salt*) and pulse to combine. With the food processor running, slowly drizzle in the **B-well™ Extra Virgin Olive Oil** and “flax egg”. Add 1-2 tablespoons water as needed until the dough sticks together when you press it between your fingers.
 - 4** Crumble the dough into the pan and press the mixture evenly on the bottom and up the sides of the pan. Poke a few holes in the bottom of the crust and blind bake: Cover with baking paper and fill with oven beads/rice/beans. Bake for 10 min, remove the beads/rice/beans weight and bake for another 5 min.
 - 5** Remove the base from the oven and set aside while you make the filling. Increase the oven temperature to 190°C.
 - 6 FOR THE FILLING:** In a medium skillet, sauté the garlic and mushrooms over medium heat for 3-4 min, until the mushrooms soften. Now add the spinach, salt and pepper and stir until the spinach wilts. Remove from heat and set aside.
 - 7** In the food processor, add the drained tofu (*no need to press it*), almond milk, chickpea flour, nutritional yeast, onion powder, turmeric, lemon zest and salt. Blend until very smooth, scraping down the sides as needed. Add the cooked vegetable mixture and pulse a few times to combine (don't blend until smooth - you want it to be textured).
 - 8** Pour the filling into the crust and spread evenly using a spatula. Bake for about 35 min, until it's firm to touch and the crust is golden.
 - 9** Cool for 10-15 min before slicing. Serve and enjoy!
- *Leftover quiche will save in the refrigerator for 3-4 days.*



“FOODIE”

B-well

**LEMON
& MINT
CHICKEN
PASTA**





SERVES 4



45 MINUTES

LEMON & MINT CHICKEN PASTA

Nothing balances a creamy dish better than a zesty tang to cut through the richness. This one is particularly lush and oh so tasty! With lots of lemon means extra flavour and the goodness of broccoli. One easy dish of heart loving coming up!



B-well™ Products

Ginger

Lemon

Broccoli

Chilies

Greek Yoghurt

INGREDIENTS

2 Tbsp **B-well™ Pure Canola Oil**

400 g skinless free-range chicken pieces or breasts, *diced/ cubed*

3 cups broccoli florets

1 medium onion, *finely diced*

1 cup Greek yoghurt

1 Tbsp garam masala

2 fresh chillies, *chopped*

¼ tsp turmeric

1 tsp coriander powder

juice of half a lemon

1 Tbsp ginger, *crushed*

3 garlic cloves, *crushed*

¼ cup mint, *chopped*

zest of half a lemon

½ cup fresh coriander, *for serving*

black pepper, *to taste*

salt, *to taste (½ tsp – recommended low salt amount) *optional*

lemon wedges, *for serving*

fresh coriander, *for garnish*

500 g pasta of choice

PREPARATION

- 1 Combine the garam masala, chillies, turmeric, coriander powder, lemon juice and yoghurt, add crushed ginger and garlic and season with pepper to taste.
- 2 Add chicken cubes to the spiced yoghurt marinade and rub to coat evenly, refrigerate and marinate for 30 min.
- 3 In a large pan, heat up the **B-well™ Pure Canola Oil**, add the onion and braise till light brown.
- 4 Add marinated chicken, stir to distribute the heat.
- 5 Add half of fresh coriander, replace the lid and cook for 8-10 min, stirring occasionally to ensure chicken is cooked through, then reduce heat to low.
- 6 Add the broccoli florets to the top of the mixture.
- 7 Prepare your pasta according to pack instructions, drain and then add the cooked pasta straight to the saucy chicken with the fresh mint.
- 8 Mix to combine the pasta, turn off the heat and garnish with remaining fresh coriander and the lemon zest.
- 9 Serve with a fresh salad and some lemon slices on the side. Equally delicious when served cold.



“EASY-ISH”

B-well™

**SOMETHING
- LIKE A -
SHEPHERD'S
PIE**





SERVES 6



1 HR 20 MIN

SOMETHING LIKE A SHEPHERD'S PIE

This vegan version of the traditional beef shepherd's pie is a sure pleaser, even for avid meat fans. A juicy, flavourful, vegan, meaty filling topped with a creamy and hearty potato mash and cheesy crust.



B-well™ Products

Soya Foods

Peas

Mushrooms

Tomatoes

Spices

INGREDIENTS

FOR MEATY FILLING:

- 3 Tbsp **B-well™ Cooking Olive Oil**
- 1 onion, *diced*
- 340 g soya mince, *dried small pieces*
- 500 g button/brown/porcini/shiitake mushrooms, *sliced and diced*
- 2 handfuls of barley
- 3 garlic cloves, *finely chopped*
- 2 Tbsp tomato puree
- 1 cup vegetable stock
- 1 can chopped plum/ Italian tomatoes
- 1 tsp paprika
- ¼-½ tsp cayenne pepper (*to heat preference*)
- ½ tsp salt
- 1 tsp black pepper
- ½ tsp cumin powder
- 1 tsp dried basil
- 1 stick of cinnamon
- ½ tsp oregano
- 1 Tbsp Worcestershire sauce
- 2 tsp soya sauce
- 1 Tbsp maple syrup
- 1 cup frozen peas, *rinsed*
- ½ cup fresh coriander

FOR THE MASHED POTATOES

- 4 large russet potatoes, *peeled and evenly diced*
- 4 Tbsp vegan butter
- 80ml–120ml soya milk (*or other non-dairy milk*)
- sea salt and black pepper, *to taste*
- nutritional yeast, *to sprinkle on top*

PREPARATION

- 1 Place the peeled and diced potatoes in a medium saucepan and cover with water. Set over high heat, cover and bring to a boil. Once boiling, uncover, then simmer for around 10-15 min or until the potatoes are soft and cooked.
- 2 Drain the potatoes, return to the sauce pan, add in the salt.
- 3 Add the mushrooms into a food process and pulse until chopped into small bits.
- 4 In a sauce pan, heat up the **B-well™ Cooking Olive Oil**, add half the chopped garlic, brown and then remove from the pan and set aside for the mash.
- 5 Into the garlicky oil add the onions and sauté until braised, then add the chopped mushrooms, salt and pepper. Sauté until mushrooms have browned.
- 6 Add the Worcestershire sauce, soya sauce and garlic to the onion and mushrooms and stir, cook for 3 min or until the mixture dries.
- 7 Now add in the diced tomatoes, the tomato paste, veg. broth, soya mince, basil, oregano, paprika, cayenne pepper, cumin, maple syrup and stick cinnamon. Stir to combine then add two handfuls of barley and the frozen peas.
- 8 Bring to a boil, replace lid and reduce heat to low. Simmer for about 30 min, stirring occasionally, until the soya mince has cooked and peas are soft. Remove off heat, remove cinnamon and bay leaves.
- 9 When the potatoes are cooked, add in the vegan butter and soya milk and mash it up. Add sea salt and black pepper to taste.
- 10 Dish the veggie mince to a pie/casserole dish.
- 11 Add the mashed potatoes on top and smooth them down as the top layer. Use a fork to create ridges in the mashed potatoes, then dot with some vegan butter on top and generously sprinkle some nutritional yeast on the top and crack of black pepper.
- 12 Place into the oven to bake for 30 min. In the last 5 min switch over to grill for some extra browning on top.



“EASY-ISH”

B-well™

**-ASIAN-
MUSHROOM
STIR FRY**

sss





SERVES 6-8



30 MINUTES

ASIAN MUSHROOM

STIR FRY W/ SWEET SESAME AND GINGER GLAZE

A delightful play on sweet and sour, with the perfect balance of spice. Sesame seeds add to this texture-filled dish and the ginger infuses not only flavour, but adds to the heart-benefiting ingredients found in this yummy stir-fry.



B-well™ Products

Mushrooms

Cashew & Sesame Seeds

Peppers

Gingers

Broccolini

INGREDIENTS

FOR THE STIR-FRY

- 2 Tbsp **B-well™ Cooking Olive Oil**
- 250 g portobello mushrooms
- 250 g oyster/ shiitake
cremini mushrooms
- 2 medium red bellpepper,
thinly sliced
- 2 cup broccolini, *sliced lengthwise*
- 2 cup green onion, *chopped*
- 1 cup cashews, *roasted*
(budget tip: use peanuts)
- 2 Tbsp sesame seeds
- 8 cups cooked brown rice
or cauliflower rice

FOR THE MARINADE

- 4 garlic cloves, *minced*
- 2 Tbsp sesame oil
- 6-8 Tbsp maple syrup
agave nectar/coconut sugar
- 1 ½ tsp red pepper flakes
- 6-8 Tbsp tamari/soya sauce
- 6 Tbsp lime juice
- 2 Tbsp water



PREPARATION

- 1 Prepare the rice according to the package instructions and set aside.
- 2 Wipe each mushroom clean with a damp kitchen towel and slice into thin strips.
- 3 For the marinade add all ingredients into a small mixing bowl and whisk to combine. Taste and adjust flavour as needed.
- 4 Pour marinade over the mushrooms and gently toss to combine. Set aside to marinate for 10-12 min, toss occasionally to evenly coat.
- 5 In a pan heated to medium heat, carefully toast the cashew nuts until golden brown, do not burn. Remove from heat and set aside. Do the same with sesame seeds.
- 6 Once mushrooms have marinated, heat a large skillet over medium heat and add 2 Tbsp of **B-well™ Cooking Olive Oil**. Add mushrooms, spread evenly in pan and do not to overcrowd (add in batches if necessary). Sauté for 2-4 min on each side or until golden brown and slightly seared. Remove from pan, set aside, cover to keep warm.
- 7 Add red pepper and broccolini to pan and increase heat to medium high. Sauté for 2-3 min, stirring frequently. Add mushrooms to mixture, leaving any remaining sauce behind.
- 8 Add the green onion, toasted cashews and remaining marinade, stir to coat. Cook for 1 min, remove from heat, sprinkle with toasted sesame seeds, garnish with some fresh green onion and serve immediately on a bed of rice/cauliflower rice. Enjoy the flavours of Asian delight.



“EASY-PEASY”

B-well™

**MUSHROOM
-STUFFED-
PEPPERS**





SERVES 4



45 MINUTES

WILD RICE & MUSHROOM STUFFED PEPPERS

Stuffed peppers are enjoyed all over the world, especially found in home cooking. Well, for a heart-filled side step around the original recipe, we have removed the meat, added beans and mushrooms in a savoury rice filling and stuffed these peppers for the yummiest healthy alternative.



B-well™ Products

Peppers

Zucchini

Mushrooms

Wild Rice

Spinach

Mozzarella

INGREDIENTS

4 Tbsp B-well™ Gapeseed Oil

4 mixed bell peppers,
tops removed and deseeded

1 onion, *diced*

1 cup fresh tomatoes, *chopped*

250 g brown/ shiitake/ portobello
mushrooms, *thinly sliced*

1 x 400 ml red kidney or black beans

4 garlic cloves, *freshly and
finely chopped*

2 zucchinis, *diced*

2 cups cooked wild/black rice
(can also use brown basmati rice)

1 cup mozzarella cheese, *grated*

1 cup red and green peppers, *diced*

salt and freshly ground black pepper

2 cup fresh spinach

1 tsp dried basil

½ cup grated Parmesan, *to finish*

1 tsp fresh lemon juice

PREPARATION

- 1 Preheat the oven to 180°C.
- 2 Wrap the whole peppers in aluminum foil and bake in the oven until tender, but not falling apart, about 15 min. Remove from the oven and allow to cool.
- 3 In a large skillet over medium heat, add the grapeseed oil. When the oil is hot, add the onions, mushrooms, garlic and sauté until the mushrooms are golden brown.
- 4 Add the zucchini, rice, tomatoes, diced red and green peppers, the beans and a splash of water. Continue to cook until the vegetables are tender.
- 5 Season with salt and pepper to taste and stir in the mozzarella cheese. Remove from the heat and fold in the fresh spinach and dried basil.
- 6 Spoon vegetable mixture into the cooled peppers. Transfer peppers to an oven dish and top with a little Parmesan. Bake until the peppers are heated through and the parmesan is crispy and golden, about 15 min.
- 7 Remove from the oven and serve.



“EASY-PEASY”

B-well[™]

**BUTTER
CHICKEN
-WITH-
CAULIFLOWER**





SERVES 4



1 HOUR

BUTTER CHICKEN WITH CAULIFLOWER

Nothing screams decadent food like something addictively creamy, yet balanced with the perfect zest to lighten it up. This is that dish, based on a favourite in South Africa, except it has none of the heart-hurting butter, creams and richness, but still all the flavour and aromas we love and crave for.



B-well™ Products

Cauliflower

Onions

Greek Yoghurt

Lemon

INGREDIENTS

2 Tbsp **B-well™ Pure Canola Oil**

3 Tbsp **B-well™ Extra Virgin Olive Oil**

2 medium onions, *thinly sliced*

4 cups dried soya pieces OR 4 chicken breasts, *chopped into small cubes*

2 cups cauliflower, *cut into small florets*

1 tsp black pepper

½ tsp salt

1 tsp garam masala

1 tsp cardamom

1 tsp fine red chili

2 ½ Tbsp lemon juice

1 cup yoghurt

1 tsp ginger, *minced*

3 garlic cloves, *minced*

½ cup fresh coriander, *for garnish*

1 Tbsp lemon juice

small tin/½ big tin tomato puree

1 can coconut cream

PREPARATION

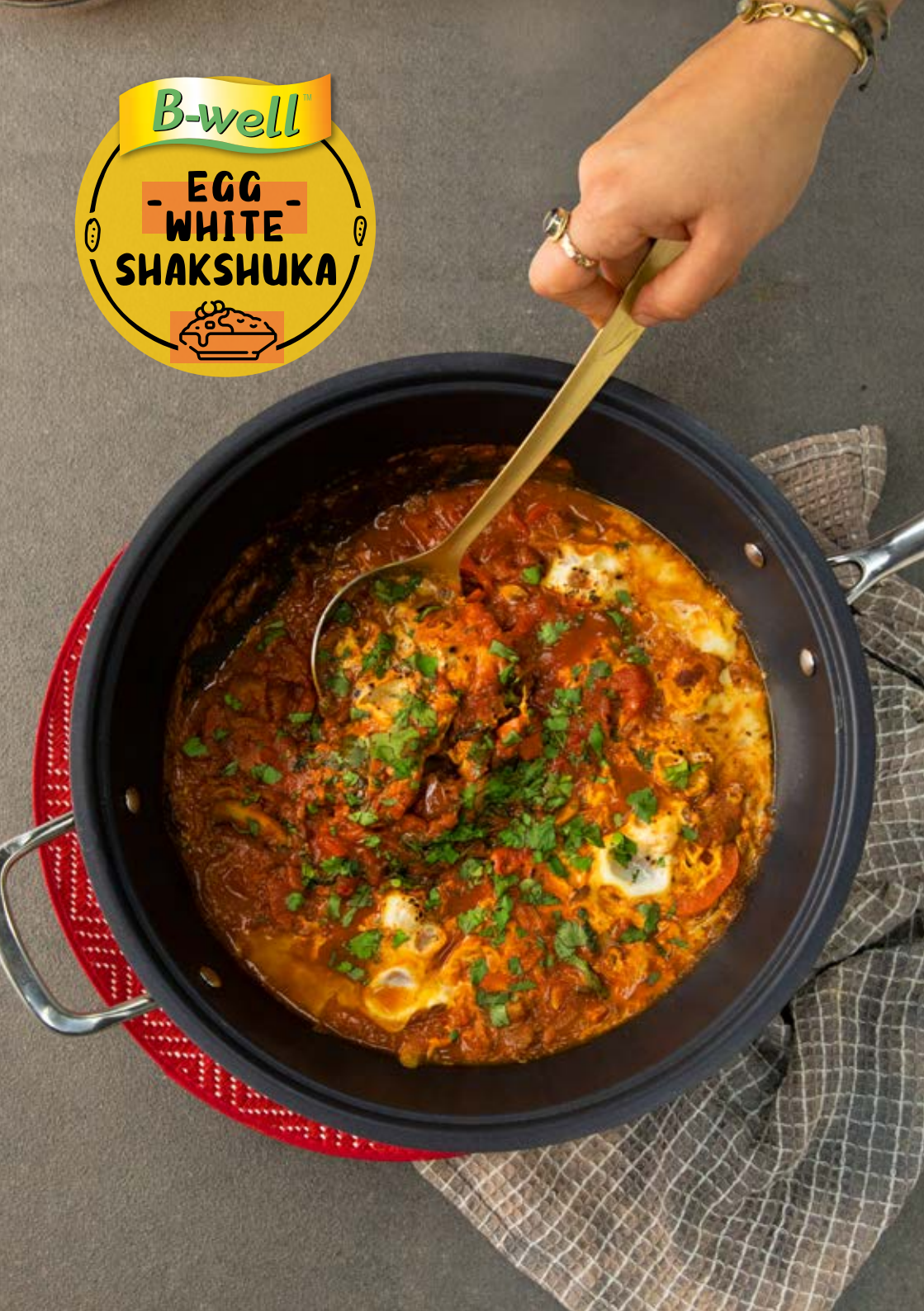
- 1 In a large bowl, mix the yoghurt, salt, pepper and lemon juice together and add the tofu/chicken pieces. Mix to cover each piece, set aside.
- 2 In a large pot, heat the **B-well™ Pure Canola Oil** on medium heat and add the onions. Cook until onions brown.
- 3 Add garam masala, cardamom, red chili, ginger, garlic and cauliflower florets. Stir until vegetables are well coated. Cook until aromatic, for about 2 min.
- 4 Add the yoghurt and tofu/chicken mix to the spice mix, stir to blend. Cover with lid and bring to a simmer.
- 5 In a separate sauce pot, add the **B-well™ Extra Virgin Olive Oil**. Once heated, add the tomato puree and lemon juice and bring to a boil, reduce heat to a low simmer.
- 6 Add the cooked tomato sauce to tofu/chicken mixture, stir in the coconut cream. Ensure to pick up the flavourful bits at the bottom of the pan. Reduce heat and cook until it thickens, for 10 min.
- 7 Garnish with fresh coriander and serve with rice, roti, your favourite naan or filled in to a pita, with salad. Enjoy!



“SO-SO”

B-well™

**- EGG -
WHITE
SHAKSHUKA**





SERVES 4



40 MINUTES

EGG WHITE SHAKSHUKA

WITH
SAUTÉED
GARLICKY
MUSHROOMS

Inspired by Mediterranean cuisine, tomato based and spice infusions, this meal bursts with flavour and can easily be enjoyed any time of the day. Created for budget and gourmet.



B-well™ Products

Mushrooms

Peppers

Cooked Tomato

Garlic

INGREDIENTS

3 Tbsp **B-well™ Canola & Olive Blend Oil**

8 egg whites

1 medium to large onion
(or 2 small red onions)

3 cups ripe tomatoes,
blanched and chopped

1 red bell pepper,
deseeded and thinly sliced

1 punnet of mushrooms, *sliced*

6 garlic cloves, *peeled and whole*

2 Tbsp tomato paste

1 tsp ground cumin

1 tsp sweet paprika

½ tsp turmeric

1 pinch cayenne pepper

zest of one lemon

1 tsp coconut nectar/
brown sugar, *optional*

½ tsp salt or to taste

½ tsp black pepper

½ cup fresh parsley/
coriander, *to garnish*



PREPARATION

- 1 In a large pan, heat the **B-well™ Canola & Olive Blend Oil** over medium heat. Add the onions and garlic, cook for 5 min, stirring occasionally until onion is brown.
- 2 Add mushrooms, salt and pepper and sauté. Now add red pepper and spices, cook for another minute or until fragrant.
- 3 Add tomatoes and sugar, increase the heat to a fast simmer and cook for about 10 min. When sauce thickens slightly, reduce heat to medium low.
- 4 Create wells in the mixture and gently slip two egg whites into each well.
- 5 Cover pan with lid and gently poach eggs until cooked and firm.
- 6 Remove lid, garnish with fresh herbs and lemon zest. Serve from the pan.

WE LOVE:

- To garnish with crumbled feta cheese.
- To serve on a bed of cauliflower & broccoli rice for an extra antioxidant boost.
- Adding chopped spinach, kale or swiss chard to the cooked tomato sauce for an extra protein and antioxidant boost.
- Serve traditionally with some naan bread or fragrant rice.



“EASY-PEASY”

B-well™

**PUMPKIN
CURRY
-IN-A-
HURRY**





SERVES 4



45 MINUTES

PUMPKIN CURRY IN A HURRY

One of our star ingredients, pumpkin has its star debut in this naturally creamy, spiced aromatic mix that's so homey, it's sure to become an easy comfort go-to meal. It is a comfort food packed with benefits and full of flavour.



B-well™ Products

Pumpkin

Ginger

INGREDIENTS

2 Tbsp **B-well™ Pure Canola Oil**

1,5 kg pumpkin, *cubed*

3 onions, *finely chopped*

3 cups ripe tomatoes,
blanched and chopped

6 whole cloves

2 cinnamon sticks

1 tsp whole cumin

1 tsp ground cumin

1 Tbsp dried coriander

1 tsp turmeric

1 tsp red chili powder, *or to taste*

1 Tbsp ginger, *minced*

1 Tbsp brown sugar

1 tsp salt

1 tsp pepper

PREPARATION

1 Layer a large oven tray with baking paper/foil, add the pumpkin pieces, roast on 180°C for about 35 min, or until soft and cooked through.

STEAMED OPTION: Place pumpkin in a pot or in a colander balanced above pot, add in just ½ cup of water and steam until soft, about 15 min (*do not boil*).

2 In a large pot, heat the **B-well™ Pure Canola Oil** on medium heat, add the onions, cinnamon sticks and cloves. Braise together until onions are brown and cooked.

3 When pumpkin is cooked, add to onion mixture, the rest of the spices, ginger, sugar, salt and pepper, stir to combine well.

4 Now add enough water to just about cover the pumpkin (not too much water, you can always add more for a looser consistency).

5 Bring to a boil, then reduce heat to simmer with the lid closed for at least 15 min.

6 Taste and enjoy with some garlicky lentil rice (*find recipe on page: 07*) or couscous and your favourite side.

HEALTH HACK:

- To amplify the nutrients of the meal and introduce a slightly meatier flavour, add a few soup bones in step 3. Cook in a pressure cooker for 1 hour, or cook with the lid closed for 3-4 hours on a low simmer.



“EASY-PEASY”

B-well™

**BLACK
BEAN&PEPPER
- STEW -**





SERVES 4



1 HR 15 MIN

CREAMY BLACK BEAN & PEPPER STEW W/ FETA & SALSA

It's no wonder that black beans are a staple in most Central and South American households, especially due to its hearty flavour and superfood health benefits.

| **B-well™ Products** || **Butternut** || **Peppers** || **Black Beans** || **Onions** || **Garlic**

INGREDIENTS

- 2 Tbsp **B-well™ Cooking Olive Oil**
- 2 x 400 g tins of black beans
- 2 red onions, *finely diced*
- 600 g butternut, *peeled and cubed*
- 3 mixed-colour (red, yellow, green) peppers, *deseeded and chopped*
- 2 medium/3 small zucchini, *trim and slice finely*
- 2 tomatoes, *deseed and chop finely*
- 4 garlic cloves, *finely chopped*
- 1 fresh red chilli, *finely chopped*
- 150 g brown rice, cooked and drained
- 1 ½ tsp ground coriander
- 1 ½ tsp smoked paprika
- 4 fresh bay leaves
- 1 bunch of fresh coriander
- ground black pepper
- 100 g feta cheese
- 1 lime, *juiced*
- salt



HEALTH HINT

Before serving the salsa with this bean stew, portion **4 servings** out into containers/freezer bags. Once cooled completely, freeze and keep for a lazy, rainy day.

PREPARATION

- 1** Preheat the oven to 200°C.
- 2** In a large oven tray, toss and massage the butternut cubes with 1 tsp of **B-well™ Cooking Olive Oil**, the ground coriander, black pepper and a pinch of salt.
- 3** In a separate tray, toss and massage the chopped peppers with 1 tsp of **B-well™ Cooking Olive Oil** and smoked paprika. Place both trays in the oven for 35 min, or until cooked and softened.
- 4** Place ¾ of the chopped onions in a large casserole pan on low heat with 1 Tbsp of **B-well™ Cooking Olive Oil** (*set ¼ of the onion aside*).
- 5** Add garlic, bay leaves and allow onions to brown slightly. Add a splash water and cook for 15 min, or until soft, stirring regularly.
- 6** Add the beans (*including the brine*), then fill half of each empty tin with water, swirl and pour into the pan. Simmer on medium heat until the butternut and peppers are done in the oven.
- 7** Once the butternut and peppers are cooked, remove from oven, add to the pan and stir.
- 8** Add zucchini to the pan, simmer for a further 20 min or until the stew has thickened and darkened. Loosen with an extra splash of water, if needed.
- 9** Meanwhile, cook the rice according to the packet instructions, then drain.
- 10 SALSA:** Mix chopped tomatoes, chilli (*add as much as you like*) and most of the coriander leaves together. Add the ¼ reserved chopped onion and toss with the lime juice and season with some black pepper.
- 11** Serve the dark and delicious bean stew with the rice and salsa, crumble feta cheese over and garnish with remaining coriander leaves.



“EASY-ISH”



B-well™

**AUBERGINO
LASAGNE
- WITH -
MUSHROOM**





SERVES 6



1 HR 15 MIN

AUBERGINO LASAGNA

**W/ MUSHROOM & CHARD
BECHAMEL**

Confidently calling this a sort of renaissance of the classical, hearty lasagne, except taking it to the deep end with a plant-based version; still with optional cheese, but limited and substituting the pasta with aubergine and mushrooms in the sauce. This lasagne is just so tasty, no meat or pasta needed.



B-well™ Products

Aubergines

Mushrooms

Garlic

Cooked Tomatoes

Mozzarella

INGREDIENTS

AUBERGINE

- 2-3 Tbsp **B-well™ Extra Virgin Olive Oil**
- 2 Tbsp apple cider vinegar
- 3 large aubergines
- sea salt

MUSHROOM MARINARA

- 2 Tbsp **B-well™ Extra Virgin Olive Oil**
- 1 onion, *finely chopped*
- 500 g mushrooms, *sliced*
- 3 garlic cloves, *finely chopped*
- 1 heaped tsp dried oregano
- 2 x 400 g good-quality tinned plum tomatoes OR 1 kg fresh ripe tomatoes, *diced*
- 1 Tbsp brown sugar/coconut nectar
- 1 tsp freshly ground black pepper
- 1 pinch fresh oregano, *leaves chopped*
- 1 large handful fresh basil
- a little red wine vinegar
- ¼ tsp paprika

SPINACH BECHAMEL SAUCE

- 1 Tbsp **B-well™ Extra Virgin Olive Oil**
- 300 g spinach/chard, *shredded*
- 2 cups plant-based milk
- 3 Tbsp cornflour
- sprinkle of nutmeg
- black pepper, *ground*
- ¼ cup nutritional yeast

TOPPINGS

- 2 large handfuls parmesan cheese, *grated*
(or *nutritional yeast for vegan*)
- 200 g mozzarella/ricotta cheese
(or *vegan cheese for vegan*)

PREPARATION

- 1 Slice aubergine into 1 cm thick slices. To soften and rid the bitterness: sprinkle with salt, let it sit for several minutes, then pat with paper towel to remove excess moisture.
- 2 Move oven racks to upper and lower thirds of oven, then heat to 180°C.
- 3 Brush aubergine slices with **B-well™ Extra Virgin Olive Oil** on both sides, place in a single layer on baking sheets, cook for 25-30 min, turning once, until the aubergine slices are tender and golden.
- 4 **FOR THE SAUCE:** heat a large frying pan to medium heat. Add 1 Tbsp of **B-well™ Extra Virgin Olive Oil**, add onions and sauté until bluish and soft.
- 5 Create a well in onions, add 1 Tbsp of **B-well™ Extra Virgin Olive Oil**, mushrooms, ½ tsp salt, ½ of black pepper, dried oregano and garlic. Fry until mushrooms are golden.
- 6 Add tomatoes, sugar, fresh oregano, paprika, basil leaves and red wine vinegar. Simmer for 15 min, or until the sauce thickens.
- 7 Remove the aubergine slices from oven, allow to cool. Turn up oven to 220°C.
- 8 **SPINACH BECHAMEL SAUCE:** Add milk to pan, bring to the boil.
- 9 In a cup, stir the cornflour with hot water to create a smooth paste, slowly feed this to the milk. Keep stirring until it thickens.
- 10 Add shredded spinach, ½ the ricotta, ¼ tsp salt, black pepper, then add nutmeg and nutritional yeast. Stir through until the spinach is cooked and ricotta melted in. Let it sit, allow to thicken.
- 11 **TO ASSEMBLE:** In a medium-sized roasting dish, spread mushroom marinara to cover the bottom of the dish. Add a layer of aubergine slices and spoon the spinach bechamel sauce on top. Repeat 2 more times, stacking marinara then aubergine then bechamel. Reserve some bechamel for the top layer.
- 12 Spread half the ricotta on the top and sprinkle with parmesan. Finish with a layer of mozzarella slices topped with a final sprinkle of parmesan, some salt and pepper.
- 13 Bake for 25-30 min, until the cheese is melted and the lasagne is hot and bubbly. Remove from oven and sprinkle with fresh herbs. Rest for 5-10 min, then serve. We love serving ours with a fresh salad.



“FOODIE”

B-well

**-SWEET & SPICY-
PEPPER & TOMATO
FISH
SKILLET**





SERVES 4



45 MINUTES

SWEET & SPICY PEPPER AND TOMATO FISH SKILLET

This single skillet meal is packed with an array of powerful micronutrients to boost overall health, it bursts with flavour and can easily be enjoyed for breakfast, lunch or dinner. This recipe was created to allow some budget and gourmet.



B-well™ Products

Tomato

Onion

Fish

Peppers

Spices

INGREDIENTS

3 Tbsp B-well™ Canola & Olive Blend

600 g wild salmon/cod/hake/
flounder/catfish, *cut into six pieces*

1 medium/large red onion
(or 2 small onions)

3 ripe tomatoes,
blanched and chopped

1 red bell pepper,
deseeded and thinly sliced

6 garlic cloves, *peeled and whole*

juice of half a lemon

2 Tbsp tomato paste

1 ½ tsp ground cumin

1 tsp ground coriander

1 tsp dried dill

1 tsp paprika

1 tsp turmeric

¼ tsp cayenne pepper

zest of one lemon

1 tsp brown sugar *(optional)*

½ tsp salt or to taste

½ tsp black pepper

½ cup fresh parsley

mint leaves, *a few for garnish*

PREPARATION

- 1 Combine the coriander, paprika, cumin, dill, cayenne and turmeric. Mix and set aside until needed.
- 2 In a large pan, heat the B-well™ Canola & Olive Blend over medium heat. Add the onion and cook for 5 min.
- 3 Add red pepper and garlic, stirring occasionally until onion is brown and peppers are soft. Add half of the spice mix and cook for another minute or until fragrant.
- 4 Add tomatoes, tomato paste and brown sugar, turn the heat up slightly bringing mixture to a fast simmer. Cook for about 10 min or until the flavours combine and the sauce thickens slightly.
- 5 Season the fish fillets lightly with salt and pepper and coat on both sides with the remaining ½ of the spice mix.
- 6 Gently nestle the fish fillets nicely into the tomato mixture. Briefly cook on medium high heat, then reduce to medium heat. Cover and cook for another 10-15 min until the fish is cooked through, it should be flaky.
- 7 Remove lid, garnish with the fresh parsley, mint and lemon zest and serve! Serve with the delicious Lebanese-inspired rice on page 07 or some naan bread.



“EASY-PEASY”

B-well™

- CHICKPEA -

**COCONUT
CURRY**





SERVES 8



30 MINUTES

SWEET POTATO, SPINACH & CHICKPEA COCONUT CURRY

A delicately flavoured, yet absolutely delectable coconut cream-based curry, filled with fiber and antioxidant-rich ingredients that also contribute to extra creaminess and tantalizing textures. Simple to make, easier to eat.



B-well™ Product

Chickpeas

Sweet Potato

Spinach

Coconut

Cayenne Pepper

INGREDIENTS

- 2 Tbsp **B-well™ Pure Canola Oil**
- 1 large yellow onion, *diced*
- 4 sweet potatoes, *peeled and cubed into 1.5 cm squares*
- 1 x 400 g can chickpeas, *drained*
- 1 x 400 g can chopped tomatoes, *with liquid*
- 2 cups baby spinach
- 3 garlic cloves, *finely chopped*
- 1 tsp ginger, *minced*
- 1 tsp cayenne pepper
- 2 cinnamon sticks
- 1 tsp turmeric
- ½ tsp cumin
- 2 cups coconut milk (*keep ¼ cup aside*)
- 2 Tbsp corn starch
- ½ cup roasted cashews, *divided*
- 3 Tbsp fresh parsley or coriander, *chopped*



PREPARATION

- 1 In a large pot, heat the **B-well™ Pure Canola Oil** over a moderate heat.
- 2 Add onions and cook until they soften and braised.
- 3 Once onions are brown, add a splash of water and then add the sweet potato and cinnamon sticks. Cook until liquid dries up and the sweet potato has cooked slightly.
- 4 Add the cayenne pepper, cumin and turmeric. Stir to coat the vegetables and cook for another minute.
- 5 Add chickpeas, tomatoes (*with the liquid*), ginger, garlic and coconut milk. Bring the mixture to a boil.
- 6 Reduce the heat and allow the mixture to simmer for approximately 10 min or until sauce has thickened slightly.
- 7 At this point, if you'd like a thicker curry, mix ¼ cup of the cold coconut milk with the corn starch and gradually stir the mixture into the curry.
- 8 Cover the curry and simmer it for another 10 min, or until the potatoes are tender.
- 9 Add half of the roasted cashews and mix them in.
- 10 Garnish with parsley or coriander and the remaining cashews sprinkled on top and serve this hearty, creamy dish.
- 11 Serve with warm naan bread, whole wheat roti or rice.



“EASY-PEASY”

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