



B-well™

Ingredients for Better Living

Feastily

**A CELEBRATION
OF TOGETHERNESS**

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 **VEGAN FRIENDLY DISH**



CARRIES THE CANSA SMART CHOICE

seal

B-well Canola Oil is one of the few cooking oils to hold the **Smart Choice seal** from **CANSA**. This is due to it being **high in omega-3 fatty acids**, which makes it a valuable addition to a diet that contributes to a decreased risk of specific cancers. Too much omega-6 fatty acids and a very high omega-6 to omega-3 ratio can promote a higher level of inflammation, which can lead to the development of many lifestyle diseases. However, **increased levels of omega-3 fatty acids** and a **low omega-6 to omega-3 ratio** helps to **prevent these diseases**.





MAKE AHEAD

BREAKFASTS



GRANOLA

PREPARATION TIME:
15 minutes

COOK TIME:
30 minutes

SERVING SIZE:
Makes 500 g

INGREDIENTS

300 g rolled oats

100 g mixed nuts and seeds
(such as almonds, cashews,
pumpkin seeds, sunflower
seeds)

50 g desiccated coconut

50 g dried fruit (such as raisins,
cranberries, apricots)

4 tablespoons **B-well Canola Oil**

3 tablespoons golden syrup

1 teaspoon vanilla extract

½ teaspoon ground cinnamon

Pinch of salt

B-well Canola Baking Spray

METHOD

1. Preheat the oven to 160°C and spray a large baking tray with B-well Canola Baking Spray.
2. In a large mixing bowl, combine the rolled oats, mixed nuts and seeds, and desiccated coconut. Stir well to combine.
3. In a small saucepan, heat the B-well Canola Oil, golden syrup, vanilla extract, ground cinnamon, and a pinch of salt over low heat. Stir until everything is well combined and the mixture is smooth.
4. Pour the wet mixture over the dry ingredients in the mixing bowl. Use a spatula or wooden spoon to mix until all the dry ingredients are evenly coated.
5. Spread the granola mixture out evenly on the prepared baking tray, making sure it's in an even layer.
6. Bake in the preheated oven for 25 - 30 minutes, stirring halfway through, until the granola is golden brown and crisp.
7. Remove the granola from the oven and let it cool completely on the baking tray. It will continue to crisp up as it cools.
8. Once cooled, stir in the dried fruit of your choice.
9. Transfer the granola to an airtight container and store at room temperature for up to two weeks.



HERE'S WHY THIS IS AN INGREDIENT FOR BETTER LIVING:





PREPARATION TIME:
15 minutes + overnight
resting

COOK TIME:
45 minutes

SERVING SIZE:
8

FRENCH TOAST CASSEROLE

INGREDIENTS

1 loaf of white bread or brioche, cubed
1 cup **B-well Thick & Creamy Mayonnaise**
2 cups whole milk
4 large eggs
¼ cup golden syrup
1 teaspoon vanilla extract
Pinch of salt
Nuts, for topping

METHOD

1. Grease a baking dish and arrange the bread cubes.
2. Whisk together mayo, milk, eggs, golden syrup, vanilla, and salt.
3. Pour the mixture over the bread, ensuring all pieces are coated.
4. Cover and refrigerate overnight.
5. Bake at 180°C for 40 - 45 minutes.
6. Top with nuts before serving.



PREPARATION TIME:
15 minutes

COOK TIME:
20 minutes

SERVING SIZE:
4

HASH BROWN FRITTATA

INGREDIENTS

2 cups frozen hash browns
½ cup red pepper, sliced
½ cup green pepper, sliced
1 cup diced onions
1 cup diced ham or cooked sausage
8 large eggs
½ cup **B-well Thick & Creamy Mayonnaise**
2 tablespoons **B-well Canola Oil**
Salt and pepper to taste
Fresh herbs for garnish

METHOD

1. In a skillet, sauté hash browns, bell peppers, onions, and ham or sausage in B-well Canola Oil until golden.
2. If making ahead, allow to cool before setting aside or refrigerating overnight.
3. Whisk eggs, mayo, salt, and pepper. Pour over the hash brown mixture.
4. Cook on the stovetop for 5 minutes, then transfer to the oven and broil until the top is set.
5. Garnish with fresh herbs before serving.



HERE'S WHY THIS IS AN INGREDIENT FOR BETTER LIVING:



HERE'S WHY THIS IS AN INGREDIENT FOR BETTER LIVING:





SHAKSHUKA

PREPARATION TIME:
30 minutes

COOK TIME:
30 minutes

SERVING SIZE:
4



**HERE'S WHY THIS
IS AN INGREDIENT
FOR BETTER LIVING:**



INGREDIENTS

2 tablespoons **B-well Canola Oil**
1 onion, diced
2 bell peppers, diced
2 cloves garlic, minced
1 teaspoon cumin
1 teaspoon smoked paprika
1 can (400 g) crushed tomatoes
6 - 8 eggs
Salt and pepper to taste
Fresh coriander or parsley for garnish
1 cup shredded cheese (optional)
1 loaf of crusty bread or pita for serving

METHOD

1. In a skillet, heat B-well Canola Oil over medium heat.
2. Sauté onions, bell peppers, and garlic until softened.
3. Add cumin and smoked paprika, stir well.
4. Pour in crushed tomatoes and simmer for 10 minutes.
5. Transfer the tomato mixture to a greased baking dish.
6. If making ahead, cover the baking dish and refrigerate overnight.
7. In the morning, make small wells in the sauce and crack eggs into them evenly.
8. If you like, sprinkle shredded cheese over the top.
9. Preheat the oven to 180°C and bake the casserole for 25 - 30 minutes or until the eggs are cooked to your liking.
10. Season with salt and pepper, and garnish with fresh herbs.
11. Serve hot with slices of crusty bread or pita on the side.



PROUDLY SOUTH AFRICAN & *GMO-free*

Our canola oil is **made right here in South Africa**, locally produced in Swellendam and Moorreesburg and made using **homegrown canola seeds** – all of which are **GMO-free**. Southern Oil – the manufacturer of B-well – is the largest buyer of canola in South Africa and works closely with over **500 local farmers** to ensure that only the **highest quality** of canola seeds are used for B-well oil.





SALTED CARAMEL BREAD

PREPARATION TIME:
2 hours

COOK TIME:
35 minutes

SERVING SIZE:
8 – 10

INGREDIENTS

For the Dough

450 g cake flour
7 g instant yeast
50 g granulated sugar
½ teaspoon salt
1 large egg
1 cup warm milk
60 ml **B-well Thick & Creamy Mayonnaise**
60 g unsalted butter, melted

For the Salted Caramel Sauce

100 g unsalted butter
200 g light brown sugar
120 ml cream cream
½ teaspoon sea salt flakes

For Assembling and Baking

100 g granulated sugar
2 teaspoons ground cinnamon
60 ml **B-well Canola Oil**, for greasing
½ cup nuts of your choice, roughly chopped

METHOD

For the Dough

1. In a large mixing bowl, combine the flour, instant yeast, granulated sugar, and salt.
2. In a separate bowl, whisk together the egg, warm milk, B-well Mayonnaise, and melted butter until well combined.
3. Pour the wet ingredients into the dry ingredients and mix until a dough forms.
4. Turn the dough out onto a floured surface and knead for 5 - 7 minutes, until smooth and elastic.
5. Place the dough in a lightly greased bowl, cover with a clean kitchen towel, and let it rise in a warm place for 1 hour, or until doubled in size.

For the Salted Caramel Sauce

1. In a saucepan, melt the butter over medium heat.
2. Stir in the brown sugar and cook, stirring constantly, until the sugar has dissolved and the mixture is smooth.
3. Slowly pour in the double cream while stirring continuously. Cook for another 2 - 3 minutes until the sauce has thickened slightly.

4. Remove from heat and stir in the sea salt flakes. Set aside to cool.

For Assembling and Baking

1. Preheat the oven to 180°C. Grease a loaf tin with B-well Canola Oil and in a small bowl, mix together the granulated sugar and ground cinnamon.
2. Punch down the risen dough and roll it out into a thin, rectangular layer.
3. Sprinkle the cinnamon sugar and nuts over the dough. Cut the dough into strips the width of your loaf tin and layer them up.
4. Fold the layered strips of dough into the tin like a concertina, cover with a warm cloth and allow to rise for an hour.
5. Bake in the preheated oven for 30 - 35 minutes, or until the bread is golden brown and cooked through.
6. Remove from the oven and let it cool in the pan for 5 minutes.
7. Carefully invert the bread onto a serving plate and pour the salted caramel sauce with an extra sprinkle of nuts over the top.

BREAKFAST



HERE'S WHY THIS IS AN INGREDIENT FOR BETTER LIVING:



PREPARATION TIME:
10 minutes

COOK TIME:
20 minutes

SERVING SIZE:
6 – 8

VEGGIE FRITTERS



HERE'S WHY THIS
IS AN INGREDIENT
FOR BETTER LIVING:



INGREDIENTS

- 2 cups grated zucchini
- 1 cup grated carrots
- 1 cup corn kernels
- 1 cup bread flour
- ¼ cup **B-well Canola Oil** (for the batter)
- ¼ cup **B-well Canola Oil** (for frying)
- 2 teaspoons baking powder
- Salt and pepper to taste

METHOD

1. In a bowl, mix grated zucchini, carrots, corn, bread flour, B-well Canola Oil, baking powder, salt, and pepper.
2. If making ahead, don't add the baking powder until you're ready to fry your fritters.
3. Heat B-well Canola Oil in a skillet.
4. Spoon the mixture into the skillet, forming fritters.
5. Fry until golden brown on both sides.
6. Serve with Creamy Lemon Herb Dipping Sauce (recipe on page 48)

A close-up, high-angle shot of a roasted chicken on a white plate. The chicken is golden-brown and glistening, garnished with fresh green onions and a sprig of thyme. It is surrounded by roasted vegetables, including yellow squash, red cherry tomatoes, and purple onions. The background is a dark, textured surface with more fresh ingredients like green onions and tomatoes.

**MAINS
TO SHARE**



PREPARATION REQUIRED
IN ADVANCE

MOROCCAN SPICED SPATCHCOCK CHICKEN

MAINS



PREPARATION TIME:
15 minutes + overnight
marination

COOK TIME:
45 – 50 minutes

SERVING SIZE:
4 – 6

INGREDIENTS

- 1 whole chicken, spatchcocked (backbone removed and flattened)
- 3 tablespoons **B-well Canola Oil**
- 2 tablespoons **B-well Thick & Creamy Mayonnaise**
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1 teaspoon paprika
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 1 teaspoon ground turmeric
- 1 teaspoon salt
- ½ teaspoon black pepper
- Juice of 1 lemon
- 4 cloves garlic, minced
- Fresh coriander leaves, for garnish (optional)

METHOD

1. In a small bowl, combine the B-well Canola Oil, B-well Thick & Creamy Mayonnaise, ground cumin, ground coriander, paprika, cinnamon, ginger, turmeric, salt, black pepper, lemon juice, and minced garlic. Mix well to form a marinade.
2. Place the spatchcocked chicken in a large resealable plastic bag or shallow dish. Pour the marinade over the chicken, ensuring it is evenly coated. Seal the bag or cover the dish and refrigerate for at least 4 hours, or preferably overnight, to allow the flavours to infuse.
3. Preheat the oven to 200°C. Remove the chicken from the marinade and place it on a baking tray lined with parchment paper or foil.
4. Roast the chicken in the preheated oven for 45 - 50 minutes, or until the skin is golden brown and the juices run clear when pierced with a knife. Alternatively, you can grill the chicken on a braai over medium-high heat for approximately the same amount of time, turning occasionally, until cooked through.
5. Once cooked, transfer the chicken to a serving platter and allow it to rest for a few minutes before carving.
6. Garnish with fresh coriander leaves, if desired, and serve hot alongside your favourite sides such as couscous, roasted vegetables, or a crisp salad.



HERE'S WHY THIS IS AN INGREDIENT FOR BETTER LIVING:





PREPARATION TIME:
45 minutes

COOK TIME:
30 minutes

SERVING SIZE:
8 – 10

FISH ON THE BRAAI



**HERE'S WHY THIS
IS AN INGREDIENT
FOR BETTER LIVING:**



APPROVED AS PART OF
THE HEART AND STROKE
FOUNDATION EXTRA PLAN



INGREDIENTS

1 whole fish (such as yellowtail),
cleaned and scaled

½ cup **B-well Canola Oil**

2 lemons, juiced

4 cloves garlic, minced

2 teaspoons paprika

1 teaspoon ground coriander

Salt and pepper, to taste

Fresh herbs (parsley or coriander) for
garnish

METHOD

1. Score the fish on both sides to allow the marinade to deeply flavour the flesh.
2. In a bowl, mix B-well Canola Oil, lemon juice, minced garlic, paprika, ground coriander, salt, and pepper to create a marinade.
3. Place the fish in a dish and pour the marinade all over the flesh side of the fish, ensuring that it is nicely covered.
4. Allow the fish to marinate for at least 30 minutes.
5. Preheat the braai and place the fish flesh side down onto a well-greased braai grid. Turn once to cook the skin side and, once cooked through, remove from heat.

PREPARATION REQUIRED
IN ADVANCE



ROAST LAMB WITH CHIMICHURRI

PREPARATION TIME:
20 minutes + 24 hours
marination

COOK TIME:
50 – 60 minutes

SERVING SIZE:
8 – 10

INGREDIENTS

For the lamb

1.5 kg butterflied leg of lamb

½ cup **B-well Canola Oil**

4 cloves garlic, minced

4 tablespoons fresh rosemary, chopped

Zest of 1 lemon

Salt and pepper, to taste

For the Chimichurri

1 cup fresh parsley, finely chopped

4 cloves garlic, minced

2 teaspoons dried oregano

½ cup **B-well Canola Oil**

2 tablespoons red wine vinegar

1 tablespoon lemon juice

1 teaspoon chilli flakes (adjust to taste)

Salt and black pepper to taste

METHOD

For the lamb

1. In a bowl, mix B-well Canola Oil, minced garlic, rosemary, mint, lemon zest, salt, and pepper to create a marinade.
2. Rub the marinade over the butterflied lamb, ensuring it covers both sides and allow to marinate in the fridge for at least a day.
3. Remove from the fridge and bring up to room temperature.
4. Preheat the grill or braai.
5. Grill the lamb for about 15 - 20 minutes per side or until it reaches your desired level of doneness.
6. Allow the lamb to rest for 10 minutes before slicing and serving with the chimichurri.

For the Chimichurri

7. In a bowl, combine the chopped parsley, minced garlic, and chopped oregano.
8. Stir in the canola oil, red wine vinegar, and lemon juice. Mix well to combine.
9. Add the chilli flakes for a bit of heat. You can adjust the amount based on your preference for spiciness.
10. Season the chimichurri sauce with salt and black pepper to taste.
11. Let the flavours meld by allowing the chimichurri to sit for at least 30 minutes before serving.



HERE'S WHY THIS IS AN INGREDIENT FOR BETTER LIVING:



CLASSIC ROAST CHICKEN

PREPARATION TIME:
10 minutes

COOK TIME:
1 hour 50 minutes

SERVING SIZE:
4 – 6

INGREDIENTS

1 whole chicken
½ cup **B-well Canola Oil**
4 cloves garlic, minced
2 tablespoons fresh rosemary, chopped
2 tablespoons fresh thyme, chopped
Zest of 1 lemon
Salt and pepper, to taste

METHOD

1. Preheat the oven to 180°C.
2. In a bowl, mix B-well Canola Oil with minced garlic, fresh rosemary, fresh thyme, lemon zest, salt, and pepper to create a marinade.
3. Rub the marinade all over the chicken, including under the skin and inside the cavity.
4. Place the chicken in a roasting pan and roast in the oven for about 1 - 1 ½ hours or until the internal temperature reaches 74°C, basting with pan juices every 30 minutes.
5. Allow the chicken to rest for 15 - 20 minutes before carving.

Serving suggestion: Serve on a bed of baby roast potatoes (recipe on page 58), roasted onion and sprinkled pomegranate seeds.



HERE'S WHY THIS IS AN INGREDIENT FOR BETTER LIVING:





PREPARATION REQUIRED
IN ADVANCE

LEG OF LAMB WITH SWEET ONIONS

INGREDIENTS

For the Marinade:

- 2 tablespoons coriander seeds
- 2 stems rosemary, de-stalked
- 1 clove garlic, peeled
- 1 teaspoon chilli flakes
- 1 ½ teaspoons salt
- Freshly ground black pepper
- 1 tablespoon brown sugar
- 60 ml **B-well Canola and Olive Oil Blend**

For the Roast:

- B-well Canola and Olive Oil Blend**
- 2.5 kg free-range leg of lamb
- 4 onions, peeled and cut into wedges
- 1 whole garlic bulb, halved
- 3 sprigs of thyme
- ¼ cup chicken stock
- 3 tablespoons brown sugar
- 2 tablespoons balsamic vinegar
- Salt and pepper



PREPARATION TIME:
20 minutes + overnight
marination

COOK TIME:
4 hours

SERVING SIZE:
8 – 10

METHOD

Prepare the marinade:

1. Toast the coriander seeds in a dry pan until fragrant.
2. Place all the marinade ingredients, except the B-well Canola and Olive Oil Blend, in a spice grinder or mortar and pestle. Pulse or grind until fine.
3. Combine the spices with the B-well Canola and Olive Oil Blend.
4. Massage the spice marinade into the lamb, place in a non-metallic dish, and cover with cling film. Refrigerate overnight.

Roasting the Lamb:

5. Preheat the oven to 180°C.
6. Remove the lamb from the fridge and bring it up to room temperature.
7. Place the onions, garlic, and thyme in a large roasting tin. Drizzle with B-well Canola and Olive Oil Blend and season with salt and pepper.
8. Place the leg of lamb with the fatty side facing down on top of the onions. Pour

the chicken stock around the sides of the roasting tin.

9. Cover loosely with foil and roast for 2 ½ hours.
10. Remove the foil and turn the lamb over. Add the brown sugar and balsamic vinegar to onions and stir through to combine.
11. Roast for a further hour, uncovered. Turn the heat up to 220° C and cook for about 20 minutes.

Resting and Serving:

12. Remove the leg of lamb and garlic bulb halves from the roasting tin and cover with foil. Set aside to rest.
13. Place the roasting tin with the onions on the hob. With the heat on high, reduce the pan juices until sticky. Add plenty of black pepper and adjust seasoning if necessary.
14. Return the leg of lamb to the pan and heat through.
15. Serve with Herbed Roast Vegetables (page 51) and Rosemary and Salt Roasted Baby Potatoes (page 58).



HERE'S WHY THIS IS AN INGREDIENT FOR BETTER LIVING:



PERFECT FOR THE AIR-FRYER

EASY PORK BELLY

PREPARATION TIME:
10 minutes

COOK TIME:
2 hours 45 minutes

SERVING SIZE:
6

INGREDIENTS

1.5 kg pork belly, skin-on
½ cup **B-well Canola Oil**
4 cloves garlic, minced
2 tablespoons fennel seeds, crushed

2 tablespoons fresh rosemary, chopped
Zest of 1 lemon
Salt and pepper, to taste

METHOD

1. Preheat the oven to 200°C.
2. In a bowl, mix B-well Canola Oil, minced garlic, crushed fennel seeds, fresh rosemary, lemon zest, salt, and pepper to create a marinade.
3. Score the pork belly skin and rub the marinade all over, making sure it gets into the scores.
4. Roast in the oven for about 2 - 2 ½ hours or until the skin is crispy and the internal temperature reaches 71°C.
5. Allow it to rest for 15 minutes before slicing.



HERE'S WHY THIS IS AN INGREDIENT FOR BETTER LIVING:



ONE-POT WONDERS



ONE-POT WONDER



CREAMY BAKED TOMATO RISOTTO

PREPARATION TIME:
20 minutes

COOK TIME:
35 minutes

SERVING SIZE:
6 - 8

INGREDIENTS

2 cups risotto rice
4 cups vegetable stock
2 tins diced tomatoes
2 small onions, finely chopped
2 cloves garlic, minced
4 tablespoons **B-well Canola Oil**
½ cup nutritional yeast
½ cup **B-well Thick & Creamy Mayonnaise**
Salt and pepper to taste

METHOD

1. Preheat your oven to 190°C.
2. In a skillet, heat the oil over medium heat. Add the chopped onion and minced garlic, and sauté until the onion is translucent and fragrant, about 3 - 4 minutes.
3. Add the rice to the skillet and stir to coat it with the oil. Cook for another 2 - 3 minutes, until the rice grains start to turn slightly translucent.
4. Transfer the rice mixture to a baking dish. Spread it out evenly across the bottom of the dish.
5. Pour the vegetable stock over the rice mixture in the baking dish. Add the drained diced tomatoes on top and gently stir to combine.
6. Cover the baking dish tightly with foil.
7. Bake in the preheated oven for 25 - 30 minutes, or until the rice is cooked through and has absorbed most of the liquid.
8. Remove the baking dish from the oven and uncover. Stir in the nutritional yeast and the B-well Thick & Creamy mayonnaise. Season with salt and pepper to taste.



HERE'S WHY THIS IS AN INGREDIENT FOR BETTER LIVING:





Packed **WITH** **OMEGA-3**

Canola oil is **high in omega-3** – an **essential fatty acid** that your body can only get through your **dietary intake**. Our westernised diet tends to be high in more inflammatory omega-6 fatty acids and low in foods that are sources of omega-3, so by simply **switching to canola oil** you can increase your **omega-3 fatty acid intake!**





SLOW COOKED BEEF RIBS BOURGUIGNON

PREPARATION TIME:
30 minutes

COOK TIME:
8 hours

SERVING SIZE:
6

ONE-POT WONDER



INGREDIENTS

- 1.4 kg beef short ribs
- Salt and black pepper to taste
- 2 tablespoons white bread flour
- 3 tablespoons **B-well Canola Oil**
- 1 onion, finely chopped
- 3 carrots, sliced
- 4 cloves garlic, minced
- 250 ml red wine (if possible, use a good South African red wine)
- 250 ml beef stock
- 2 tablespoons tomato paste
- 1 teaspoon dried thyme
- 2 bay leaves
- 1 cup pearl onions, peeled
- 225 g mushrooms, quartered
- Fresh parsley for garnish

METHOD

- Season the beef short ribs with salt and black pepper, and coat them with flour, shaking off any excess.
- In a large pot, heat B-well Canola Oil over medium-high heat. Brown the ribs on both sides until they are nicely browned. Place the ribs in the slow cooker.
- In the same pot, add chopped onion, sliced carrots, and minced garlic. Stir for 3 - 4 minutes until they are softened. Place the vegetables in the slow cooker.
- Pour the red wine into the pot, stir to release any browned bits. Bring it to a simmer, then pour the wine over the ribs and vegetables in the slow cooker.
- Add beef stock, tomato paste, dried thyme, and bay leaves to the slow cooker. Stir gently to combine.
- Cover and cook on low heat for 6 - 8 hours, or until the beef is tender and falls off the bone.
- About 30 minutes before serving, add the peeled pearl onions and quartered mushrooms to the slow cooker. Stir gently to incorporate.
- Once the cooking time is complete, remove the bay leaves and discard them.
- Serve over mashed potatoes, polenta, or with a nice piece of bread. Garnish with fresh parsley.



HERE'S WHY THIS IS AN INGREDIENT FOR BETTER LIVING:



ONE-POT WONDER



CREAMY BEEF STEW

PREPARATION TIME:
20 minutes

COOK TIME:
40 minutes

SERVING SIZE:
6

INGREDIENTS

1.5 kg beef, cubed
¼ cup **B-well Canola Oil**
1 onion, finely chopped
3 cloves garlic, minced
2 carrots, sliced
2 potatoes, diced
1 cup frozen peas
2 cups beef stock
1 cup milk
¼ cup white bread flour
1 teaspoon dried thyme
Salt and pepper, to taste
Fresh parsley, chopped,
for garnish

METHOD

1. In a large pot, heat B-well Canola Oil over medium heat. Brown beef cubes on all sides. Remove and set aside.
2. In the same pot, sauté onion and garlic until softened.
3. Add sliced carrots, diced potatoes, and frozen peas. Cook for a few minutes.
4. Sprinkle flour over the vegetables and stir to coat.
5. Gradually add beef stock and milk, stirring to avoid lumps.
6. Return the browned beef to the pot. Add dried thyme, salt, and pepper.
7. Cover and simmer for 30 - 40 minutes or until the beef is cooked through and the stew is thickened.
8. Garnish with fresh parsley before serving.

Prepare a herb-infused mayo to serve alongside the beef stew for that extra punch of flavour. Mix **B-well Thick & Creamy Mayonnaise** with chopped dill, parsley, and a squeeze of lemon juice.

TIP



HERE'S WHY THIS IS AN INGREDIENT FOR BETTER LIVING:





LENTIL CHILLI

CON CARNE

ONE-POT WONDER



PREPARATION TIME:
10 minutes

COOK TIME:
1 hour

SERVING SIZE:
6 – 8

INGREDIENTS

2 cups dried brown lentils, rinsed
4 cups vegetable stock
¼ cup **B-well Canola Oil**
1 onion, finely chopped
3 cloves garlic, minced
1 red bell pepper, diced
1 cup of corn kernels
1 can (400 g) kidney beans, drained and rinsed
1 can (400 g) black beans, drained and rinsed
1 can (400 g) diced tomatoes
2 tablespoons tomato paste
2 teaspoons ground cumin
2 teaspoons chilli powder
Salt and pepper, to taste
Fresh coriander, chopped, for garnish
Cooked rice, for serving
Jalapeños, chopped, for garnish

METHOD

1. In a large pot, combine brown lentils and vegetable stock. Bring to a boil, then reduce heat and simmer for 30 minutes.
2. In a skillet, heat B-well Canola Oil over medium heat. Sauté onion and garlic until softened.
3. Add diced red and yellow bell peppers. Cook for a few minutes until softened.
4. Add kidney beans, black beans, corn, diced tomatoes, tomato paste, ground cumin, chilli powder, salt, and pepper.
5. Transfer the skillet mixture to the pot with lentils and stock. Simmer for an additional 20 - 30 minutes.
6. Adjust seasoning if needed. Serve over cooked rice, garnished with fresh coriander and jalapeños.

For a creamy, spicy topping for your lentil chilli, blend **B-well Original Tangy Mayonnaise** with a splash of hot sauce, smoked paprika and a pinch of cayenne pepper.

TIP



HERE'S WHY THIS IS AN INGREDIENT FOR BETTER LIVING:





SIDES



CREAMY LEMON HERB

DIPPING SAUCE

PREPARATION TIME:
35 minutes

SERVING SIZE:
4

INGREDIENTS

½ cup **B-well Thick & Creamy Mayonnaise**
2 tablespoons **B-well Original Tangy Mayonnaise**
Zest of 1 lemon
2 tablespoons fresh lemon juice
2 cloves garlic, minced
1 tablespoon fresh parsley or dill, finely chopped
Salt and pepper, to taste

METHOD

1. In a bowl, mix together B-well Thick and Creamy with B-well Original Tangy mayonnaises.
2. Add lemon zest, fresh lemon juice, minced garlic, and chopped parsley or dill.
3. Season with salt and pepper to taste.
4. Stir well to combine all ingredients.
5. Refrigerate for at least 30 minutes before serving to enhance the flavours.
6. Use as a delicious dipping sauce with Fish on the Braai (find the recipe on page 24).



HERE'S WHY THIS IS AN INGREDIENT FOR BETTER LIVING:





PREPARATION TIME:
10 minutes

COOK TIME:
60 minutes

SERVING SIZE:
4 – 6

HERBED ROASTED VEGETABLES



**HERE'S WHY THIS
IS AN INGREDIENT
FOR BETTER LIVING:**



APPROVED AS PART OF
THE HEART AND STROKE
FOUNDATION EATING PLAN

INGREDIENTS

2 kg assorted vegetables (potatoes, carrots, brussels sprouts, beetroot, red onion, red and yellow peppers)

¼ cup **B-well Canola and Olive Oil Blend**

2 teaspoons dried oregano

2 teaspoons dried thyme

Salt and pepper, to taste

METHOD

1. Preheat the oven to 180°C.
2. Cut the vegetables into uniform-sized pieces.
3. In a bowl, toss the vegetables with B-well Canola and Olive Oil blend, dried oregano, dried thyme, salt, and pepper.
4. Spread the vegetables on a baking sheet and roast for 50 - 60 minutes or until golden and tender.



YORKSHIRE PUDDINGS

PREPARATION TIME:
40 minutes

COOK TIME:
30 minutes

SERVING SIZE:
12

INGREDIENTS

1 cup cake flour
1 cup milk
2 large eggs
½ teaspoon salt
¼ cup **B-well Canola Oil**,
for the batter
B-well Canola Oil, for
greasing the muffin tins

METHOD

1. Preheat your oven to 220°C.
2. In a blender or mixing bowl, combine the flour, milk, eggs, and salt. Blend or whisk until you have a smooth batter.
3. Let the batter rest for at least 30 minutes at room temperature to allow it to thicken.
4. Place a small amount of B-well Canola Oil in each cup of a muffin tin and put the tin in the oven until the oil is hot, about 5 minutes.
5. Carefully remove the hot tin from the oven, and pour the batter into each cup, filling them about halfway.
6. Bake in the preheated oven for 20 - 25 minutes or until the puddings are golden brown and puffy.
7. Serve immediately.



HERE'S WHY THIS IS AN INGREDIENT FOR BETTER LIVING:



ROASTED SWEET POTATOES

PREPARATION TIME:
10 minutes

COOK TIME:
35 minutes

SERVING SIZE:
4

INGREDIENTS

4 medium sweet potatoes, peeled and cut into cubes

¼ cup **B-well Canola Oil**

2 tablespoons golden syrup

1 teaspoon ground cinnamon

½ teaspoon ground nutmeg

Salt and pepper, to taste

Fresh rosemary, for garnish

METHOD

1. Preheat the oven to 200°C.
2. In a bowl, mix B-well Canola Oil, syrup, ground cinnamon, ground nutmeg, salt, and pepper to create a glaze.
3. Add the peeled and cubed sweet potatoes to the bowl and toss until they are well-coated with the glaze.
4. Spread the sweet potatoes in a single layer on a baking sheet.
5. Roast in the preheated oven for about 30 - 35 minutes or until the sweet potatoes are tender and caramelised, turning them halfway through for even cooking.
6. Remove from the oven, sprinkle with fresh rosemary for garnish, and serve.



HERE'S WHY THIS IS AN INGREDIENT FOR BETTER LIVING:



YOUR KITCHEN

all-rounder

With a **light and neutral taste**, B-well Canola Oil is something of a blank canvas. The oil can be used in salad dressings or marinades **without impacting the flavour of other ingredients**, and it's also an excellent oil to use for **frying, sautéing and grilling**.



Light,
Neutral
Taste



PERFECT FOR THE AIR-FRYER

SIDES



ROSEMARY AND SALT ROASTED BABY POTATOES

PREPARATION TIME:
10 minutes

COOK TIME:
22 minutes

SERVING SIZE:
4

INGREDIENTS

500 g baby potatoes,
washed and halved

2 tablespoons **B-well
Canola Oil**

1 tablespoon fresh
rosemary, finely chopped

1 teaspoon sea salt, or to
taste

½ teaspoon black pepper

½ teaspoon garlic
powder (optional)

METHOD

1. In a bowl, toss the halved baby potatoes with B-well Canola Oil, fresh rosemary, sea salt, black pepper, and garlic powder (if using), ensuring the potatoes are evenly coated.
2. Preheat your air fryer to 200°C.
3. Place the seasoned baby potatoes in the air fryer basket in a single layer, ensuring they are not crowded to allow even cooking.
4. Air fry for 18 - 22 minutes, shaking the basket or tossing the potatoes halfway through to ensure they crisp up on all sides.
5. Check for doneness by piercing a potato with a fork – they should be tender on the inside and crispy on the outside.
6. Adjust salt if needed and serve immediately, with an optional sprinkle of fresh rosemary for colour.



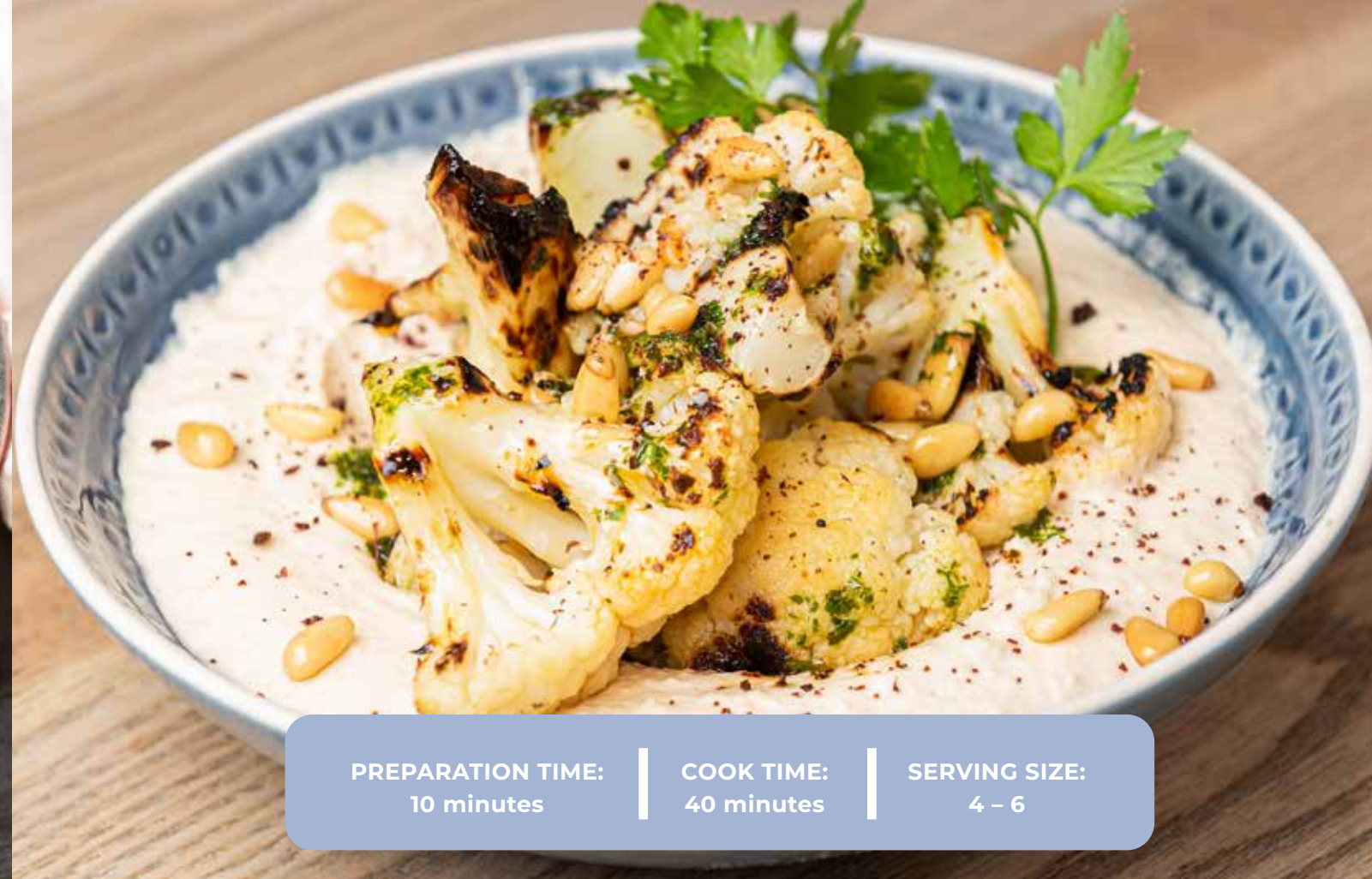
HERE'S WHY THIS IS AN INGREDIENT FOR BETTER LIVING:



PREPARATION TIME:
10 minutes

COOK TIME:
15 minutes

SERVING SIZE:
4 – 6



PREPARATION TIME:
10 minutes

COOK TIME:
40 minutes

SERVING SIZE:
4 – 6

GREEN BEANS

WITH GARLIC AND PECANS V

INGREDIENTS

500 g green beans, trimmed
2 tablespoons **B-well Canola Oil**
3 cloves garlic, minced
¼ cup pecans, toasted and chopped
Salt and black pepper, to taste

METHOD

1. Blanch green beans in boiling water for 2 - 3 minutes. Drain and set aside.
2. In a pan, heat B-well Canola Oil, sauté garlic until fragrant.
3. Add blanched green beans, toss until coated. Season with salt and pepper.
4. Sprinkle toasted pecans before serving.



HERE'S WHY THIS IS AN INGREDIENT FOR BETTER LIVING:



SMOKY CAULIFLOWER

ON HUMMUS V

INGREDIENTS

1 large cauliflower, cut into florets
3 tablespoons **B-well Canola Oil**
1 teaspoon smoked paprika
Salt and black pepper, to taste
Hummus and toasted pine nuts, for serving

METHOD

1. Preheat oven to 200°C.
2. Toss cauliflower florets with B-well Canola Oil, smoked paprika, salt, and pepper.
3. Roast in the oven for 20 - 25 minutes or until golden.
4. Spoon hummus onto plate and spoon over the warm cauliflower and sprinkle over toasted pine nuts.



HERE'S WHY THIS IS AN INGREDIENT FOR BETTER LIVING:





SLOW ROASTED CARROTS

WITH TAHINI DRESSING

PREPARATION TIME:
10 minutes

COOK TIME:
40 minutes

SERVING SIZE:
4 - 6

INGREDIENTS

500 g baby carrots, peeled
3 tablespoons **B-well Canola and Olive Oil Blend**
2 tablespoons golden syrup
1 teaspoon cumin
Salt and black pepper, to taste

For the Tahini Dressing:

¼ cup tahini
2 tablespoons lemon juice
2 tablespoons **B-well Canola and Olive Oil Blend**
1 garlic clove, minced
Salt and pepper

METHOD

1. Preheat oven to 180°C.
2. Toss baby carrots with B-well Canola and Olive Oil Blend, syrup, cumin, salt and pepper.
3. Roast for 30 - 40 minutes or until caramelised.

For the Tahini Dressing:

1. Mix all the ingredients.
2. Loosen with a little bit of water so that it is pourable.
3. Drizzle over the carrots before serving.



HERE'S WHY THIS IS AN INGREDIENT FOR BETTER LIVING:



GARLIC PARMESAN ROASTED BROCCOLI

PREPARATION TIME:
10 minutes

COOK TIME:
20 minutes

SERVING SIZE:
4 – 6

INGREDIENTS

4 cups broccoli florets
3 tablespoons **B-well
Canola Oil**
4 cloves garlic, minced
½ cup grated Parmesan
cheese
1 teaspoon dried oregano
Salt and black pepper to
taste
Lemon wedges for
serving (optional)

METHOD

1. Preheat your oven to 220°C
2. Wash and dry the broccoli. Place on a baking sheet lined with parchment paper.
3. In a small bowl, mix B-well Canola Oil and minced garlic. Drizzle the mixture over the broccoli, ensuring that each floret is coated.
4. Sprinkle the dried oregano, salt, and black pepper evenly over the broccoli.
5. Gently toss the broccoli on the baking sheet to ensure even coating of oil and seasonings.
6. Roast the broccoli in the preheated oven for about 15 - 20 minutes, or until the edges are crispy and golden brown.
7. Sprinkle grated Parmesan cheese over the roasted broccoli during the last 5 minutes of baking.



HERE'S WHY THIS IS AN INGREDIENT FOR BETTER LIVING:

A close-up photograph of a slice of chocolate cake resting on a light-colored, speckled ceramic plate. The cake is dusted with cocoa powder. In the background, a white cup of coffee is visible, slightly out of focus. The entire scene is set on a dark wooden surface.

BAKED DESSERTS



VEGAN FRIENDLY HOT CROSS BUNS V

PREPARATION TIME:
1 hour 45 minutes

COOK TIME:
20 minutes

SERVING SIZE:
Makes 12 – 16 buns



**HERE'S WHY THIS
IS AN INGREDIENT
FOR BETTER LIVING:**



INGREDIENTS

500 g cake flour
75 g sugar
10 g salt
10 g ground cinnamon
5 g ground nutmeg
10 g instant yeast
300 ml warm almond milk
75 ml **B-well Thick & Creamy Mayonnaise**
50 ml **B-well Canola Oil**
1 flax egg (1 tablespoon ground flaxseed + 3 tablespoons water)
200 g mixed dried fruit (currants, raisins)
Cross: 75 g all-purpose flour + water
Glaze: 75 ml apricot jam, warmed

METHOD

1. In a large bowl, mix flour, sugar, salt, cinnamon, nutmeg, and yeast.
2. In a separate bowl, combine warm almond milk, B-well Thick & Creamy Mayonnaise, B-well Canola Oil, and flax egg.
3. Add wet ingredients to dry ingredients, knead until smooth. Fold in dried fruit.
4. Cover and let rise until doubled in size (about 1 hour).
5. Divide dough into equal portions, shape into buns, and place on a baking tray. Allow the buns to rise for a second time (about 40 minutes).
6. Mix flour and water for the cross, pipe on top of buns.
7. Bake at 200°C for 15 - 20 minutes.
8. Warm apricot jam and brush over buns for a shiny glaze.



THE COOKING OIL WITH *Heart*

Did you know that B-well Canola Oil is **endorsed by The Heart and Stroke Foundation South Africa**? B-well Canola Oil is **naturally cholesterol-free**, packed with **essential, monounsaturated (i.e., good-for-you) fats**, and low in the not-so-good-for-you fats. With a **saturated fat percentage of only 7%**, it has the lowest saturated fat percentage among common cooking oils.





SEASONAL FRUIT CRUMBLE V

PREPARATION TIME:
10 minutes

COOK TIME:
40 minutes

SERVING SIZE:
6

INGREDIENTS

For the Fruit Filling:

4 cups mixed seasonal fruits (such as apples, pears, berries, or stone fruits), peeled and sliced if necessary
 ¼ cup granulated sugar (adjust according to sweetness of fruits)
 2 tablespoons cake flour
 1 tablespoon lemon juice
 Zest of 1 lemon
 ½ teaspoon ground cinnamon
 Pinch of salt

For the Crumble Topping:

1 cup old-fashioned oats
 ½ cup cake flour
 ½ cup brown sugar
 ½ teaspoon ground cinnamon
 ¼ teaspoon ground nutmeg
 ¼ teaspoon salt
 ½ cup **B-well Canola Oil**

For Serving:

A scoop of vegan ice cream

METHOD

1. Preheat the oven to 180°C. Grease a baking dish with B-well Canola Oil and set aside.
2. In a large mixing bowl, combine the mixed seasonal fruits, granulated sugar, flour, lemon juice, lemon zest, ground cinnamon, and a pinch of salt. Toss until the fruits are evenly coated. Transfer the fruit mixture to the prepared baking dish, spreading it out into an even layer.
3. In a separate mixing bowl, prepare the crumble topping. Combine the old-fashioned oats, flour, brown sugar, ground cinnamon, ground nutmeg, and salt. Mix well to combine. Pour in the B-well Canola Oil and stir until the mixture resembles coarse crumbs.
4. Sprinkle the crumble topping evenly over the fruit filling in the baking dish, covering it completely.
5. Place the baking dish in the preheated oven and bake for 35 - 40 minutes, or until the fruit filling is bubbling and the crumble topping is golden brown and crisp.
6. Remove the crumble from the oven and allow it to cool slightly before serving.
7. Serve warm, topped with a scoop of vegan ice cream.



HERE'S WHY THIS IS AN INGREDIENT FOR BETTER LIVING:



PREPARATION TIME:
10 minutes

COOKING TIME:
30 - 35 minutes

SERVING SIZE:
6 – 8

CHOCOLATE BROWNIE CAKE



HERE'S WHY THIS
IS AN INGREDIENT
FOR BETTER LIVING:



INGREDIENTS

- 1 cup cake flour
- ½ cup cocoa powder
- 1 cup sugar
- 1 teaspoon baking powder
- ½ teaspoon salt
- ½ cup **B-well Canola Oil**
- 1 cup milk
- 1 teaspoon vanilla extract
- 1 cup chocolate chips
- Whipped cream, for serving

METHOD

1. Preheat oven to 180°C.
2. In a bowl, whisk together flour, cocoa powder, sugar, baking powder, and salt.
3. Add B-well Canola Oil, milk, and vanilla extract. Mix until smooth.
4. Stir in chocolate chips.
5. Pour into a greased baking tin.
6. Bake for 30 - 35 minutes or until set.
7. Serve warm with a dollop of whipped cream.



CITRUS AND SPICE BREAD & BUTTER PUDDING

INGREDIENTS

8 slices spiced or cinnamon swirl bread
1 cup mixed nuts (almonds, pecans), chopped
½ cup mixed dried fruits such as raisins
Zest of 1 orange
Zest of 1 lemon
4 large eggs
1 cup granulated sugar

2 cups whole milk, infused with 1 teaspoon
vanilla extract, 1 cinnamon stick, and a pinch of
cardamom (heat and let it cool before using)
½ cup **B-well Thick & Creamy Mayonnaise**
Splash of brandy optional
1 tablespoon apricot or orange marmalade
Butter, for greasing

DESSERT



PREPARATION TIME:
30 minutes

COOK TIME:
45 minutes

SERVING SIZE:
6

METHOD

1. Preheat the oven to 180°C. Grease a baking dish with butter.
2. In a small bowl, mix the chopped nuts and dried fruits. Zest the orange and lemon.
3. Cut the spiced bread into triangles or squares. Arrange a layer of bread in the greased baking dish. Sprinkle half of the nut and dried fruit mixture over the bread.
4. In a large bowl, whisk together eggs and sugar until well combined.
5. Gradually pour in the infused milk while continuing to whisk.
6. Add the mayonnaise, orange zest, and lemon zest. If using, add a splash of brandy. Mix well.
7. Pour half of the egg and milk mixture over the bread layer, ensuring the bread is well-soaked. Let it sit for 10 - 15 minutes to absorb the flavours.
8. Add another layer of spiced bread on top of the soaked layer. Sprinkle the remaining nut and dried fruit mixture over the bread.
9. Pour the remaining egg and milk mixture over the top, making sure it covers the bread evenly.
10. Bake in the preheated oven for 40 - 45 minutes or until the pudding is golden and set.
11. Brush the top with warmed apricot or orange marmalade for a shiny glaze.
12. Allow the pudding to cool slightly before serving.



HERE'S WHY THIS IS AN INGREDIENT FOR BETTER LIVING:





ROOIBOS-INFUSED STICKY DATE PUDDING

PREPARATION TIME:
20 minutes

COOK TIME:
35 minutes

SERVING SIZE:
6

INGREDIENTS

1 cup dates, pitted and chopped
1 Rooibos tea bag
1 teaspoon bicarbonate of soda
½ cup **B-well Canola Oil**
1 cup brown sugar

2 eggs
1 ½ cups self-raising flour
A splash of Amarula Cream (optional, for extra richness)

METHOD

1. Steep a Rooibos tea bag in 1 cup of hot water to create a strong infusion. Let it cool to room temperature.
2. In a bowl, pour the Rooibos tea over the chopped dates and add bicarbonate of soda. Allow the dates to soak and soften for about 15 minutes.
3. Preheat the oven to 180°C.
4. In a separate bowl, mix B-well Canola Oil, brown sugar, and eggs until well combined. If desired, add a splash of Amarula Cream for extra richness.
5. Fold in self-raising flour into the wet mixture until well combined.
6. Add the soaked date mixture (including the Rooibos tea) to the batter. Stir until the dates are evenly distributed.
7. Pour the batter into a greased baking dish. Bake for 30 - 35 minutes or until a skewer comes out clean.
8. Serve the pudding warm as is, or, optionally, drizzle with a malva pudding-inspired sauce made with butter, sugar, and cream for added indulgence.



HERE'S WHY THIS IS AN INGREDIENT FOR BETTER LIVING:

WHAT IS CANOLA?

Canola is a plant that originated in Canada. The name canola is an abbreviation of:

"Canadian oil, low acid"

FIELDS OF GOLD

All South African crops of canola are grown from **non-GMO** seeds.

The Canola plant bears a bright yellow little flower that blooms during **July to September**

Reaches lengths of **1.75 metres** tall.



1 seed = **40%** canola oil



100%

of the South African canola crop is crushed by the B-WELL factory, the largest canola oil manufacturing operation in **Africa**.



SMALL SEEDS BIG OPERATION

Once the seeds are harvested, they travel to the factory plant in **Swellendam**.

FROM SOIL TO OIL

After blooming, the flowers die and drop off, leaving seed pods behind. Each seed pod contains **20-40** seeds and each of those seeds is approximately **40%** canola oil.



Farming

Seeds coming from the farmers are graded, cleaned and stored in silos until used for manufacturing

Retail

We have a premium brand with an ever expanding basket of products under the retail brand name **B-well**.

Transport

Our fleet of long-haul trucks operate 365 days a year and offer nationwide distribution.

Refinery

Production at our modern refining facility continues year round to ensure a consistent supply.

Bottling

The final product is refined, bottled and branded. We also bottle and repack for some of SA's largest retailers and food manufacturers.

FROM SOIL TO CONSUMER



FACTORY PLANT

THE SUPPLY CHAIN

We have to ensure the **highest quality product**, therefore we go the extra mile in testing the seed we use and the product we deliver.

FROM SOIL TO YOU

Our commitment to develop the local community, ability to create jobs and development focus is the pride of **Swellendam**.





Ingredients for Better Living



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