

Honey & Soy Beef Tikka Skewers

MAKES 8 SKEWERS

Ingredients

- | | |
|--|---|
| ☐ 1 litre cold water | ☐ ¼ tsp African Bird's-Eye Chilli Flakes |
| ☐ 30g fine salt | ☐ 1 tsp olive oil |
| ☐ 8 wooden skewers | ☐ ½ tsp fine salt |
| ☐ 800g beef chuck steak | ☐ ½ medium pineapple, peeled and cut into 3cm chunks |
| ☐ 150ml Nando's PERi-PERi Honey Soy Sauce | ☐ 2 medium onions, cut into wedges and separated into petals |
| ☐ 80g plain full-fat yoghurt | ☐ Extra Nando's PERi-PERi Honey Soy Sauce for brushing and serving |
| ☐ 2 garlic cloves, finely grated | |
| ☐ 25g tomato paste | |
| ☐ ½ tsp ground turmeric | |
| ☐ ½ tsp freshly ground black pepper | |

Preparation

1. Prepare a skewer-soak by dissolving salt in cold water. Add the wooden skewers, weigh them down with a small plate and soak overnight. This helps prevent them from burning and lightly seasons the meat where the wood touches it.
2. Trim away hard fat and tough sinew from the chuck steak, then cut the beef across the grain into roughly 3cm pieces.
3. To make the marinade, combine the Nando's PERi-PERi Honey Soy sauce, yoghurt, garlic, tomato paste, turmeric, black pepper, chilli flakes, olive oil and salt.
4. Add the beef to the marinade and mix until evenly coated. Cover and refrigerate overnight, or for at least 6 hours.
5. Drain the skewers. Thread the beef, pineapple and onion onto them, alternating the ingredients.
6. Prepare a medium-hot braai, barbecue or grill pan.
7. Grill the skewers for 10-14 minutes, turning regularly, until caramelised and cooked through.
8. Brush with Nando's PERi-PERi Honey Soy Sauce during the final 2 minutes of cooking.
9. Rest the skewers for 5 minutes before serving.

Tip: Chuck steak contains more connective tissue than other beef cuts. Cut it across the grain, keep the pieces evenly sized and finish them over a slightly cooler area of the fire after charring.

What the

fehmzy

x

Nando's®

Easy Yoghurt Naan

MAKES 4 BREADS

Ingredients

- ☐ 250g self-raising flour
- ☐ ½ tsp fine salt
- ☐ 180g plain full-fat yoghurt
- ☐ 1 Tbsp olive oil
- ☐ 1-2 Tbsp water, only if needed
- ☐ 40g butter
- ☐ 1 small garlic clove, finely grated
- ☐ 1 Tbsp finely chopped fresh coriander
- ☐ Pinch of fine salt

Preparation

1. Combine the flour and salt in a mixing bowl.
2. Add the yoghurt and olive oil and mix until a soft dough forms. Add a little water if the dough is too dry.
3. Knead for 2-3 minutes until relatively smooth, then cover and rest for 20 minutes.
4. Divide the dough into four equal pieces and roll each one into an oval about 3-4mm thick.
5. Heat a heavy-based frying pan or cast-iron pan over medium-high heat.
6. Cook each naan for 1-2 minutes on the first side, until bubbles form and the underside is charred in places. Turn and cook for about 1 minute more.
7. Melt the butter and mix it with the garlic, coriander and salt.
8. Brush the hot naan with the garlic butter and keep covered with a clean tea towel until serving.

What the

fehmy.

x

Nando's®

Chunky African Bird's Eye Salsa

SERVES 4

Ingredients

- ☐ 250g ripe tomatoes
- ☐ 1 Tbsp lemon juice
- ☐ ½ red pepper
- ☐ 1 Tbsp olive oil
- ☐ ½ small red onion
- ☐ Fine salt and freshly ground black pepper
- ☐ 2 spring onions
- ☐ 2 Tbsp chopped fresh coriander
- ☐ 1 fresh African Bird's Eye Chilli, or to taste

Preparation

1. Quarter the tomatoes and remove the very wet seed centres.
2. Dice the tomatoes and red pepper into roughly 1cm pieces.
3. Finely dice the red onion and thinly slice the spring onions.
4. Finely chop the coriander and African Bird's Eye Chilli.
5. Combine all the prepared ingredients in a bowl.
6. Add the lemon juice and olive oil.
7. Season with salt and black pepper just before serving so the tomatoes do not release too much liquid.

What the

fehmzy

x

Nando's®

Charred Garlic Green Beans

SERVES 4

Ingredients

- ☐ 400g green beans, trimmed
- ☐ 1 Tbsp olive oil
- ☐ 1 garlic clove, finely grated
- ☐ ¼ tsp dried African bird's eye chilli flakes
- ☐ Fine salt and freshly ground black pepper
- ☐ 1 tsp lemon juice, optional

Preparation

1. Heat a large, dry frying pan over high heat.
2. Add the green beans and dry-fry for 5-7 minutes, tossing regularly, until blistered and lightly charred.
3. Reduce the heat to medium.
4. Add the olive oil and garlic and toss for about 30 seconds, taking care not to burn the garlic.
5. Add the African Bird's Eye Chilli Flakes and season with salt and black pepper.
6. Finish with lemon juice, if using, and serve.

Honey & Soy Raita

SERVES 4

Ingredients

- ☐ 250g thick plain yoghurt
- ☐ ½ small cucumber
- ☐ 25ml Nando's PERi-PERi Honey Soy Sauce
- ☐ 1 tsp lemon juice
- ☐ 1 Tbsp finely chopped fresh coriander
- ☐ ¼ tsp ground cumin
- ☐ Pinch of fine salt
- ☐ Pinch of freshly ground black pepper

Preparation

1. Coarsely grate the cucumber.
2. Place the cucumber in a clean tea towel and squeeze out as much liquid as possible.
3. Combine the cucumber, yoghurt, Nando's PERi-PERi Honey Soy sauce, lemon juice, coriander and cumin.
4. Season lightly with salt and black pepper.
5. Refrigerate until required.